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DIET FORMULARY



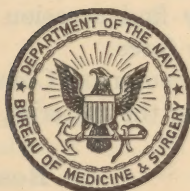
NAVMED 502

U.S. Bureau of medicine and surgery.

DIET FORMULARY

Issued by the
Bureau of Medicine and Surgery
Navy Department

NAVMED 502



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FOREWORD

The desirability of a Diet Formulary in easily and generally available form for Naval use is beyond question. While comparatively little needed on combat ships, its utility on hospital ships and at hospitals and larger dispensaries is evident.

Tables of food values and diets for specific conditions are of course to be found in books on these subjects, only one of which however, is carried on the Medical Department's Standard Book List, and is for limited distribution only.

This new volume should be a valuable addition to the list. Its economic form makes a broad issuance feasible, and even the medical officer on a destroyer may find occasion to resort to its pages in consultation with the galley force.

Thanks are extended to Lieutenant Commander George F. Schmitt (MC) U.S.N.R., for collating the material.

ROSS T McINTIRE,
Vice Admiral (MC),
Surgeon General, U. S. Navy.

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GENERAL DISCUSSION

THE CALORIC CONTENT OF DIETS

In general, the caloric content of a diet is computed upon an individual basis. The term standard weight refers to the average weight of a large group of individuals of the same sex and age. This may be determined by consultation with standard tables (pp. 2-3). When standard tables are not available, a convenient rule is to allow, for men: 110 pounds for 5 feet, and $5\frac{1}{2}$ pounds for each additional inch; for women, 100 pounds for 5 feet and 5 pounds for each additional inch.

The ideal weight varies according to race, heredity, and skeletal structure. To ascertain the ideal weight, if one is heavily built, add up to 10 percent to the standard weight; if one is lightly built, subtract 10 percent or less. By the use of the Boothby-Berkson nomogram (p. 4), the basal caloric requirement, which is the number of calories required to maintain an individual at his ideal weight at bed rest, can be calculated. Basal calories for adults may be computed by multiplying the ideal weight in kilograms by twenty-five. To this figure, extra calories are added as follows:

1. For room rest—10 to 20 percent.
2. For light work—20 to 30 percent.
3. For housework—50 percent.
4. For office or light manual work—50 percent.
5. For heavy manual labor—60 to 70 percent.
6. For children—50 to 70 percent depending on the activity.

The total caloric requirement for individuals of moderate activity may be estimated by multiplying the ideal weight in pounds by 16 for adults and 25 for children.

Whenever possible diets are given in qualitative terms. If scales are not available, the quantitative diets may be converted to qualitative terms by reference to the table of household measurements. While it is manifestly impossible in a volume of this size to include many quantitative diets, sufficient types in each category are given so that by a little adjustment a diet containing the desired number of calories may be prescribed for each patient.

HEIGHT-WEIGHT TABLE FOR MEN

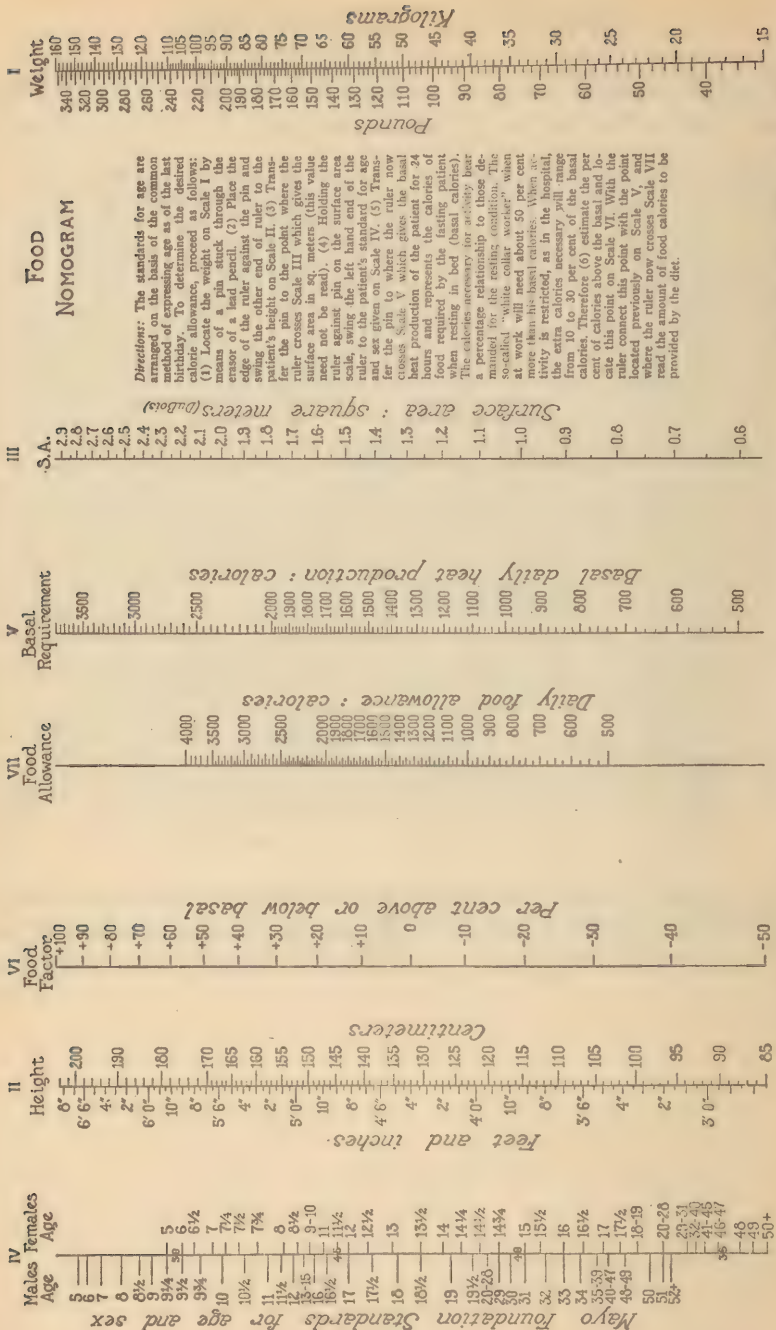
Ht.	5'	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'	6'1"	6'2"	6'3"	6'4"	6'5"
Age	152	155	157	160	163	165	168	170	173	175	177	180	183	185	188	190	192	195
15....	107	109	112	115	118	122	126	130	134	138	142	147	152	157	162	167	172	177
16....	109	111	114	117	120	124	128	132	136	140	144	149	154	159	164	169	174	179
17....	111	113	116	119	122	126	130	134	138	142	146	151	156	161	166	171	176	181
18....	113	115	118	121	124	128	132	136	140	144	148	153	158	163	168	173	178	183
19....	115	117	120	123	126	130	134	138	142	146	150	155	160	165	170	175	180	185
20....	117	119	122	125	128	132	136	140	144	148	152	156	161	166	171	176	181	186
21....	118	120	123	126	130	134	138	141	145	149	153	157	162	167	172	177	182	187
22....	119	121	124	127	131	135	139	142	146	150	154	158	163	168	173	178	183	188
23....	120	122	125	128	132	136	140	143	147	151	155	159	164	169	175	180	185	190
24....	121	123	126	129	133	137	141	144	148	152	156	160	165	171	177	182	187	192
25....	122	124	126	129	133	137	141	145	149	153	157	162	167	173	179	184	189	194
26....	123	125	127	130	134	138	142	146	150	154	158	163	168	174	180	186	190	196
27....	124	126	128	131	134	138	142	146	150	154	158	163	169	175	181	187	192	197
28....	125	127	129	132	135	139	143	147	151	155	159	164	170	176	182	188	193	198
29....	126	128	130	133	136	140	144	148	152	156	160	165	171	177	183	189	194	199
30....	126	128	130	133	136	140	144	148	152	156	161	166	172	178	184	190	196	201
31....	127	129	131	134	137	141	145	149	153	157	162	167	173	179	185	191	197	202
32....	127	129	131	134	137	141	145	149	154	158	163	168	174	180	186	192	198	203
33....	127	129	131	134	137	141	145	149	154	159	164	169	175	181	187	193	199	204
34....	128	130	132	135	138	142	146	150	155	160	165	170	176	182	188	194	200	206
35....	128	130	132	135	138	142	146	150	155	160	165	170	176	182	188	195	201	207
36....	129	131	133	136	139	143	147	151	156	161	166	171	177	183	190	196	202	208
37....	129	131	133	136	140	144	148	152	157	162	167	172	178	184	191	197	203	209
38....	130	132	134	137	140	144	148	152	157	162	167	173	179	185	192	198	204	210
39....	130	132	134	137	140	144	148	152	157	162	167	173	179	185	192	199	205	211
40....	131	133	135	138	141	145	149	153	158	163	168	174	180	186	193	200	206	212
41....	131	133	135	138	141	145	149	153	158	163	168	174	180	186	193	200	207	213
42....	132	134	136	139	142	146	150	154	159	164	169	175	181	187	194	201	208	214
43....	132	134	136	139	142	146	150	154	159	164	169	175	181	187	194	201	208	214
44....	133	135	137	140	143	147	151	155	160	165	170	176	182	188	195	202	209	215
45....	133	135	137	140	143	147	151	155	160	165	170	176	182	188	195	202	209	215
46....	134	136	138	141	144	148	152	156	161	166	171	177	183	189	196	203	210	216
47....	134	136	138	141	144	148	152	156	161	166	171	177	183	190	197	204	211	217
48....	134	136	138	141	144	148	152	156	161	166	171	177	183	190	197	204	211	217
49....	134	136	138	141	144	148	152	156	161	166	171	177	183	190	197	204	211	217
50....	134	136	138	141	144	148	152	156	161	166	171	177	183	190	197	204	211	217
51....	135	137	139	142	145	149	153	157	162	167	172	178	184	191	198	205	212	218
52....	135	137	139	142	145	149	153	157	162	167	172	178	184	191	198	205	212	218
53....	135	137	139	142	145	149	153	157	162	167	172	178	184	191	198	205	212	218
54....	135	137	139	142	145	149	153	158	163	168	173	178	184	191	198	205	212	219
55+....	135	137	139	142	145	149	153	158	163	168	173	178	184	191	198	205	212	219

The ideal weight varies according to race, heredity and skeletal structure. If an individual is heavily built, up to 10 percent should be added to the standard given here; if he is lightly built, as much as 10 percent may be subtracted.

HEIGHT-WEIGHT TABLE FOR WOMEN

Ht.	4'8"	4'9"	4'10"	4'11"	5'	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"	5'11"	6'
Age	142	145	148	150	152	155	157	160	163	165	168	170	173	175	177	180	183
15	101	103	105	106	107	109	112	115	118	122	126	130	134	138	142	147	152
16	102	104	106	108	109	111	114	117	120	124	128	132	136	139	143	148	153
17	103	105	107	109	111	113	116	119	122	125	129	133	137	140	144	149	154
18	104	106	108	110	112	114	117	120	123	126	130	134	138	141	145	150	155
19	105	107	109	111	113	115	118	121	124	127	131	135	139	142	146	151	156
20	106	108	110	112	114	116	119	122	125	128	132	136	140	143	147	151	156
21	106	109	111	113	115	117	120	123	126	129	133	137	141	144	148	152	156
22	107	109	111	113	115	117	120	123	126	129	133	137	141	145	149	153	157
23	108	110	112	114	116	118	121	124	127	130	134	138	142	146	150	153	157
24	109	111	113	115	117	119	121	124	127	130	134	138	142	146	150	154	158
25	109	111	113	115	117	119	121	124	128	131	135	139	143	147	151	154	158
26	110	112	114	116	118	120	122	125	129	131	135	139	143	147	151	155	159
27	110	112	114	116	118	120	122	125	129	132	136	140	144	148	152	155	159
28	111	113	115	117	119	121	123	126	130	133	137	140	145	149	153	156	160
29	111	113	115	117	119	121	123	126	130	133	137	141	145	149	153	156	160
30	112	114	116	118	120	122	124	127	131	134	138	142	146	150	154	157	161
31	113	115	117	119	121	123	125	128	132	135	139	143	147	151	154	157	161
32	113	115	117	119	121	123	125	128	132	136	140	144	148	152	155	158	162
33	114	116	118	120	122	124	126	129	133	137	141	145	149	153	156	159	162
34	115	117	119	121	123	125	127	130	134	138	142	146	150	154	157	160	163
35	115	117	119	121	123	125	127	130	134	138	142	146	150	154	157	160	163
36	116	118	120	122	124	126	128	131	135	139	143	147	151	155	158	161	164
37	116	118	120	122	124	126	129	132	136	140	144	148	152	156	159	162	165
38	117	119	121	123	125	127	130	133	137	141	145	149	153	157	160	163	166
39	118	120	122	124	126	128	131	134	138	142	146	150	154	158	161	164	167
40	119	121	123	125	127	129	132	135	138	142	146	150	154	158	161	164	167
41	120	122	124	126	128	130	133	136	139	143	147	151	155	159	162	165	168
42	120	122	124	126	128	130	133	136	139	143	147	151	155	159	162	166	169
43	121	123	125	127	129	131	134	137	140	144	148	152	156	160	163	167	170
44	122	124	126	128	130	132	135	138	141	145	149	153	157	161	164	168	171
45	122	124	126	128	130	132	135	138	141	145	149	153	157	161	164	168	171
46	123	125	127	129	131	133	136	139	142	146	150	154	158	162	165	169	172
47	123	125	127	129	131	133	136	139	142	146	151	155	159	163	166	170	173
48	124	126	128	130	132	134	137	140	143	147	152	156	160	164	167	171	174
49	124	126	128	130	132	134	137	140	143	147	152	156	161	165	168	172	175
50	125	127	129	131	133	135	138	141	144	148	152	156	161	165	169	173	176
51	125	127	129	131	133	135	138	141	144	148	152	157	162	166	170	174	177
52	125	127	129	131	133	135	138	141	144	148	152	157	162	166	170	174	177
53	125	127	129	131	133	135	138	141	144	148	152	157	163	167	170	174	177
54	125	127	129	131	133	135	138	141	144	148	153	158	163	167	171	174	177
55+	125	127	129	131	133	135	138	141	144	148	153	158	163	167	171	174	177

When standard tables are not available, a convenient rule is to allow, for men: 110 pounds for 5 feet, and 5½ pounds for each additional inch; for women, allow 100 pounds for 5 feet and 5 pounds for each additional inch.



—W. M. Boothby and J. Berkson

RECOMMENDED DAILY ALLOWANCES OF SPECIFIC NUTRIENTS

[National Research Council]

	Cal- ories	Pro- tein	Cal- cium	Iron	Vita- min A ²	Thia- min ¹	Ascor- bic acid ¹	Ribo- flavin	Nico- tinic acid	Vita- min D
<i>Men (70 kg.)</i>										
Fairly active.....	3,000	<i>Gms.</i> 70	<i>Gms.</i> 0.8	<i>Mgs.</i> 12	<i>I. U.</i> 5,000	<i>Mgs.</i> 1.8	<i>Mgs.</i> 75	<i>Mgs.</i> 2.7	<i>Mgs.</i> 18	<i>I. U.</i> -----
Very active.....	4,500					2.3		3.3	23	4
Sedentary.....	2,500					1.5		2.2	15	-----
<i>Women (58 kg.)</i>										
Fairly active.....	2,500	60	0.8	12	5,000	1.5	70	2.2	15	-----
Very active.....	3,000					1.8		2.7	18	4
Sedentary.....	2,100					1.2		1.8	12	-----
Pregnancy (later half).....	2,500	85	1.5	15	6,000	1.8	100	2.5	18	400-800
Lactation.....	3,000	100	2.0		8,000	2.3	150	3.0	23	400-800
<i>Children to 12 years</i>										
Under 1 year.....	100	*3-4	1.0	6	1,500	0.4	30	0.6	4	400-800
1 to 3 years.....	1,200	40	1.0	7	2,000	0.6	35	0.9	6	-----
4 to 6 years.....	1,600	50	1.0	8	2,500	0.8	50	1.2	8	-----
5 to 9 years.....	2,000	60	1.0	10	3,500	1.0	60	1.5	10	4
10 to 12 years.....	2,500	70	1.2	12	4,500	1.2	75	1.8	12	-----
<i>Children over 12 years</i>										
<i>Girls:</i>										
13 to 15 years.....	2,800	80	1.3	15	5,000	1.4	80	2.0	14	-----
16 to 20 years.....	2,400	75	1.0	15	5,000	1.2	80	1.8	12	4
<i>Boys:</i>										
13 to 15 years.....	3,200	85	1.4	15	5,000	1.6	90	2.4	16	-----
16 to 20 years.....	3,800	100	1.4	15	6,000	2.0	100	3.0	20	4

*Per kg.

¹ 1 mg. thiamine=333 I. U.; 1 mg. ascorbic acid=20 I. U. (1 I. U.=1 U. S. P. unit).

² Less may be required if provided as vitamin A; more if chiefly as provitamin carotene.

Infant needs increase from month to month. Amounts given are for approximately 16-18 months. Amounts of protein and calcium needed are less if from breast milk.

Vitamin D no doubt necessary for older children and adults. If not available from sunshine, should be provided probably up to minimal amounts recommended for infants.

Allowances based on median ages for each group (as 2-5, 8 etc.) and for moderate activity.

CLASSIFICATION OF VEGETABLES

According to Carbohydrate Content

THREE PERCENT

Asparagus	Chinese cabbage	Mushrooms	Sorrel
Beet greens	Cucumbers	Mustard greens	Spinach
Broccoli	Dandelion greens	Okra	String beans
Brussels sprouts	Egg plant	Radish	Summer squash
Cabbage	Endive	Rhubarb	Swiss chard
Cauliflower	Green peppers	Sauerkraut	Tomatoes
Celery	Lettuce	Sea kale	Watercress

SIX PERCENT

Beets	Kale	Onions	Turnips
Carrots	Kohlrabi	Pumpkin	Winter squash
Celeriac	Leeks	Rutabagas	

FIFTEEN PERCENT

Artichokes	Peas	Parsnips	Salsify
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TWENTY PERCENT

Beans—baked, kidney, lima, soy	Garlic	Macaroni, cooked	Rice, boiled
Corn	Hominy, cooked	Noodles, cooked	Spaghetti, cooked
	Horseradish	Potatoes, white, sweet	Succotash

CLASSIFICATION OF FRUITS

According to Carbohydrate Content

Fresh or Juice-packed

TEN PERCENT

Blackberries	Gooseberries	Oranges	Strawberries
Cantaloupe	Honeydew melon	Papayas	Tangerines
Cranberries	Lemons	Peaches	Watermelon
Grapefruit	Limes	Pineapple	

FIFTEEN PERCENT

Apples	Cherries	Huckleberries	Quinces
Apricots	Currants	Nectarines	Raspberries
Blueberries	Guava	Pears	

TWENTY PERCENT

Bananas	Grapes	Plums	Prunes
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Water-packed

FIVE PERCENT

Apricots	Cherries (red and white)	Loganberries	Raspberries
Blackberries		Peaches	Strawberries

TEN PERCENT

Cherries (black)	Grapes (white)	Pears	Pineapple
------------------	----------------	-------	-----------

DISTRIBUTION OF VITAMINS IN FOODS

A

Best

Apricots, beans (green), beet tops, butter,* carrots (raw),* celery, cheese, cream, egg yolk,* fish-liver oils (cod, halibut, shark),* fish roe, leafy green vegetables (beets, broccoli, collards, dandelion greens, kale, spinach, turnip greens, watercress),* liver,* mangoes, milk, papayas, peaches (yellow), peas (green), peppers (green), potatoes (sweet), prunes, pumpkin, squash (yellow).*

Good

Asparagus (green), bananas, cantaloupe, corn (yellow), currants (black), onions (green), oranges, oysters, pecans, tomatoes.

B₁ (Thiamine)

Best

Bread (whole wheat),* cereals (whole grain), corn, egg yolk, legumes (dried), nuts, organ meats (heart, kidney, liver), pork,* rice (brown), wheat bran, wheat germ,* yeast (brewers, dried).

Good

Asparagus, avocado, beans (green), cabbage, carrots, cauliflower, fish roe, grapefruit, leafy green vegetables, leeks, mangoes, mushrooms, okra, oranges, oysters, papayas, parsnips, pineapple, plums, potatoes (white and sweet), tangerines, tomatoes.

B₂ (G, Riboflavin)

Best

Almonds, bran, buttermilk, cheese (Cheddar), eggs, leafy green vegetables, meats (lean and organ: heart, kidney, liver*), milk, oysters, peanuts, pecans, prunes, salmon, wheat germ, whey, yeast (dried).*

Fair

Apricots, avocados, bananas, beans, cheese (cream), corn, lentil, oatmeal, papayas, potatoes (sweet), peas, whole wheat.

*Outstanding.

Niacin (PP factor)

Best

Beef (fresh, corned), buttermilk, collard, kale, meats (lean and organ: heart, kidney, liver*), peanuts, peas, pork, poultry, rabbit, rice polishings, salmon (canned), tomato juice (canned), tongue, turnip greens, veal, yeast.*

Good

Cabbage (green), beans (kidney), cod, cowpeas, egg yolk, haddock, herring, milk, mustard greens, peas (dried), soybeans, spinach.

Pantothenic acid

Best

Beef, broccoli, buttermilk, egg yolk,* kale, liver,* milk, molasses, potatoes (sweet), squash (zucchini), whey, yeast.

Good

Bran (wheat and rice), cowpeas, milk, potatoes, peas, pumpkin (canned), salmon (canned), soybeans, tomatoes.

C (Ascorbic acid, cevitamic acid).

Best

Broccoli, Brussels sprouts, cabbage (green, raw), cantaloupe, cauliflower, citrus fruits (grapefruit, lemons, limes, oranges),* currants (black), grains (sprouted), greens (dandelion, mustard, turnip), kale, kohlrabi, paprika, parsley, peppers, pimientos, spinach, strawberries,* watercress.

Good

Asparagus, chard, currants (red), lima beans, papayas, peas (fresh green), pineapple, tomatoes.

D

Fish-liver oils (cod, halibut, shark), irradiated foods.

K

Cabbage, carrot tops, cauliflower, egg yolk, kale, liver (hog), soybean oils, spinach, tomatoes.

*Outstanding.

PRESERVATION OF VITAMIN CONTENT OF FOODS

1. Do not stir air into foods while cooking.
2. Do not put through a sieve while hot.
3. Do not use soda in the cooking of green vegetables.
4. In boiling foods, raise the temperature to the boiling point as rapidly as possible.
5. Use as little water as possible.
6. Do not use long cooking processes (stewing) when shorter methods are feasible.
7. Do not throw away the water in which the vegetables have been cooked. Use in making gravies, sauces, and soups.
8. Do not fry foods valuable for their content of vitamins A, B, or C.
9. Prepare chopped fruit and vegetable salads just before serving.
10. Start cooking frozen foods while they are still frozen.
11. Serve raw foods immediately after thawing.
12. Do not permit peeled cut fruits or vegetables to stand before cooking. Cooking whole with covering helps preserve vitamin content.
13. Serve foods in closed containers at low temperatures.
14. Serve foods as soon as possible after cooking.

—*Daniel and Munson*

DISTRIBUTION OF MINERALS IN FOODS

Calcium:

Beans
Broccoli
Cauliflower
Cheese
Cream
Egg yolk
Kale
Milk
Nuts
Sardines
Turnip greens

Copper:

Bran
Liver
Lobsters
Mushrooms
Nuts
Oysters
Shrimps

Iodine:

Cod-liver oil
Iodized salt
Sea foods

Iron:

Asparagus
Beans, dried
Beet greens
Bran
Chard
Dandelions
Egg yolk
Heart

Iron—Continued.

Kidney
Peas
Lettuce
Liver
Nuts
Oatmeal
Oysters
Parsley
Soybeans
Turnip greens
Watercress
Whole wheat

Manganese:

Bananas
Beans
Beets
Bran
Celery
Cucumbers
Dates
Liver
Oatmeal
Onions
Peas

Phosphorus:

Beans
Bran
Cheese
Eggs
Fish
Grains
Liver

Phosphorus—Continued.

Meat
Milk
Oatmeal
Shellfish
Peas
Yeast

Potassium:

Bran
Cheese
Corn
Eggs
Fish
Legumes
Liver
Macaroni
Meat
Milk
Nuts
Oatmeal
Prunes
Raisins
Seafood
Whole grains
Yeast

Sodium:

Bread
Cheese
Clams
Crackers
Oysters
Wheat germ
Whole grains

HOUSEHOLD MEASUREMENTS

[Composition of 100-gram portions]

		C	P	F
Almonds	$\frac{3}{4}$ to 1 cup	15	21	55
Apples	1 small, $\frac{3}{4}$ medium	13	0	1
Apricots	$1\frac{1}{2}$ apricots	13	1	0
Artichoke leaves		5	1	0
Artichokes, Jerusalem	3 large, fresh or canned	16	3	0
Asparagus	5 stalks, 8 tips, $\frac{1}{2}$ cup	3	1	0
Bacon, lean, cooked, crisp	25 slices, 2'' x 3'' x $\frac{1}{8}$ ''	0	38	50
Banana, peeled	1 medium, $\frac{1}{2}$ large	21	1	1
Bass	2 slices, 4'' x 2'' x $\frac{1}{2}$ ''	0	20	2
Bavarian cream	2 cups	1	9	42
Beans	$\frac{1}{2}$ to $\frac{3}{4}$ cup	3	1	0
Beans, baked, canned	$\frac{1}{2}$ to $\frac{3}{4}$ cup	17	7	3
Beans, dry	$\frac{1}{3}$ to $\frac{1}{2}$ cup	55	23	2
Beans, dry, soy	$\frac{1}{2}$ cup	27	38	15
Beans, kidney or lima	$\frac{1}{2}$ cup, cooked	17	7	0
Beef, broiled, lean	2 slices, 4'' x 2'' x $\frac{1}{2}$ ''	0	30	3
Beef roast, cooked	2 slices, 3'' x 4'' x $\frac{1}{2}$ ''	0	19	19
Beefsteak, round, fat	2 slices, 3'' x 2'' x 1''	0	16	23
Beefsteak, round, lean	2 slices, 4'' x 2'' x $\frac{1}{2}$ ''	0	21	8
Beefsteak, porterhouse	2 slices, 3'' x 2'' x 1''	0	22	20
Beefsteak, tenderloin	2 slices, 3'' x 2'' x 1''	0	20	20
Beet greens	$\frac{1}{2}$ to $\frac{3}{4}$ cup	3	2	0
Beets	$\frac{1}{2}$ to $\frac{3}{4}$ cup	6	2	0
Blackberries, uncooked	$\frac{1}{3}$ to $\frac{1}{2}$ cup	8	1	1
Blueberries	$\frac{3}{4}$ cup	15	1	1
Brazil nuts	$\frac{3}{4}$ cup	7	17	69
Bread, brown	2 slices, 3'' in diameter	47	5	1
Bread, corn	1 slice, 4'' x 5'' x $2\frac{1}{4}$ ''	46	8	5
Bread, graham	$3\frac{1}{3}$ slices, $3\frac{3}{4}$ '' x 4'' x $\frac{1}{2}$ ''	51	9	2
Bread, rye	$3\frac{1}{3}$ slices, $3\frac{1}{2}$ '' x 4'' x $\frac{1}{2}$ ''	53	9	1
Bread, white	$3\frac{1}{3}$ slices, $3\frac{1}{2}$ '' x 4'' x $\frac{1}{2}$ ''	53	9	1
Bread, whole wheat	$3\frac{1}{3}$ slices, $3\frac{1}{2}$ '' x 4'' x $\frac{1}{2}$ ''	49	10	1
Broccoli	$\frac{3}{4}$ cup	4	3	0
Broth, fat free	$\frac{1}{2}$ cup	0	trace	0
Brussels sprouts, canned	10 sprouts	3	1	0
Butter	16 sq., $1\frac{1}{4}$ '' x $1\frac{1}{4}$ '' x $\frac{1}{4}$ ''	0	2	85
Buttermilk	$\frac{1}{2}$ cup	4	4	1
Butternuts	25-33 meats	4	28	61
Cabbage	$\frac{1}{2}$ to $\frac{3}{4}$ cup	3	1	0
Cabbage, shredded	$1\frac{1}{2}$ cups	5	1	0
Cake, coffee	1 slice, 3'' x 3'' x 2''	63	7	8
Cake, frosted	5'' x 3'' x 1''	65	6	9
Cake, fruit	2'' x 2'' x 1''	64	6	11
Cake, gingerbread	3'' x 2'' x 2''	63	6	9
Cake, sponge	5'' x 3'' x 2''	66	6	11
Cantaloupe	$\frac{1}{4}$ melon, 5'' diameter	5	1	0
Carbonated drinks	6 to 7 T	8	0	0
Carrots	$\frac{1}{2}$ to $\frac{3}{4}$ cup	6	1	0
Cauliflower	$\frac{1}{2}$ to $\frac{3}{4}$ cup	2	1	0
Celery	1 heart with 3 stalks	3	1	0

See footnotes at end of table.

HOUSEHOLD MEASUREMENTS—Continued

[Composition of 100-gram portions]

		C	P	F
Cheese, American	5 cubes, 1" x 1" x 1"	0	29	36
Cheese, cottage	6 T. level	4	21	1
Cheese, cream	5 sq., 1" x 1" x ¾"	2	26	34
Cherries	½ to ¾ cup	17	1	1
Chestnuts, fresh	25 to 30 meats	40	6	5
Chicken, broiler	½ average	0	22	2
Chicken, sliced	2 slices, 4" x 3" x ½"	0	19	16
Chili sauce	½ to ½ cup	20	0	0
Chocolate, dry, unsweetened		25	12	52
Cocoa, dry, unsweetened	12 T., ¼ cup	38	18	27
Coconut, fresh	½ cup	28	6	51
Codfish	2 slices, 4" x 2" x ½"	0	18	1
Cod-liver oil	1 T.=12 gm.	0	0	100
Cookies	6 to 10, 2" to 3"	72	7	10
Cooking fat	1 T.=12 gm.	0	0	100
Corn, canned or fresh	½ to ½ cup	19	3	1
Cornflakes	4 cups	80	6	0
Crackers, graham	13 (1 sq.=7½ gm.)	72	10	9
Crackers, oatmeal	10 to 12	67	12	11
Crackers, soda	25 to 30, 2" x 2"	73	10	9
Cranberries, uncooked	¼ cup	10	0	1
Cream, average (table, coffee) (20 percent)	½ to ½ cup; 7 to 8 T.	5	3	20
Cream, (whipping) thick (40 percent)	½ cup	2	2	40
Cream of tomato soup		4	2	9.5
Cream of wheat, cooked	½ cup	22	3	0
Cream of wheat, uncooked	¾ cup	74	12	3
Cream soup		4	3	13
Cucumber	½ cup	2	1	0
Currants	¾ to 1 cup	13	2	0
Custard	½ cup	5	6	7
Doughnuts	2	52	7	21
Egg	1 medium (60 gm.)	0	6	6
Eggplant	½ cup, 4 average slices	4	1	0
Egg white		0	3	0
Egg yolk		0	3	6
Farina, cooked	½ cup	22	3	0
Farina, uncooked	¾ cup	74	12	3
Filberts	¾ cup	13	16	65
Frankfurters	2½ average	1	19	18
Gelatin, cooked (unsweetened)	½ cup	0	3	0
Gelatin, dry	¾ cup (1 T.=10 gm.)	0	85	0
Ginger ale	6 to 7 T.	8-16	0	0
Gooseberries	½ cup	9	1	0
Grape juice (unsweetened)	½ cup, scant	17	0	0
Grapefruit	1=300 to 900 gm.	5	1	0

See footnotes at end of table.

HOUSEHOLD MEASUREMENTS—Continued

[Composition of 100-gram portions]

		C	P	F
Grapefruit juice (unsweetened)	6 T.; $\frac{1}{2}$ cup, scant	8	0	0
Grapes	20 large or 30 small	15	1	1
Halibut	2 slices, 4'' x 2'' x $\frac{1}{2}$ ''	0	18	6
Ham, fresh, fat	2 slices, 4'' x 3'' x $\frac{1}{2}$ ''	0	12	50
Ham, fresh, lean	2 slices, 2'' x 2'' x $\frac{1}{2}$ ''	0	25	14
Ham salad		6	15	8
Ham, smoked, lean	2 slices, 2'' x 2 $\frac{1}{2}$ '' x $\frac{1}{2}$ ''	0	20	21
Heart, beef	2 slices, 2'' x 3'' x $\frac{1}{2}$ ''	0	16	20
Hickory nuts	$\frac{1}{2}$ cup ($\frac{1}{2}$ meat = $\frac{1}{2}$ gm.)	11	15	67
Honey	5 T.	81	0	0
Honeydew	$\frac{1}{4}$ melon, 5'' in diameter	5	1	0
Huckleberries	$\frac{3}{8}$ cup	15	1	1
Ice cream	$\frac{1}{2}$ cup	20	4	13
Kale (collard)		4	1	0
Lamb chops	2	0	20	20
Lamb roast, leg	2 slices, 1'' x 4 $\frac{1}{2}$ '' x $\frac{1}{2}$ ''	0	19	13
Lard	1 T. = 12 gm.	0	0	100
Leeks	$\frac{3}{4}$ cup	4	2	0
Lemons	$\frac{1}{8}$ lemon	5	1	0
Lettuce	$\frac{1}{4}$ to $\frac{1}{2}$ head, 12 leaves	2	1	0
Lima beans, canned	$\frac{1}{2}$ cup	15	4	0
Liver, beef	2 slices, 2 $\frac{1}{2}$ '' x 2'' x $\frac{1}{2}$ ''	2	20	5
Liver, calf	2 slices, 3'' x 2'' x $\frac{1}{2}$ ''	0	19	5
Macaroni, cooked	$\frac{3}{4}$ to $\frac{3}{4}$ cup	16	3	0
Macaroni, raw	$\frac{3}{4}$ to 1 cup	74	13	1
Macaroons	6 to 7 of 1 $\frac{1}{2}$ '' to 2''	64	7	15
Mayonnaise dressing	1 T. = 14 gm.	0	1. 5	75
Meat, lean	2 slices, 4'' x 2'' x $\frac{1}{2}$ ''	0	22	3
Milk, malted, dry	8 T.	72	14	7
Milk, skim	$\frac{5}{12}$ cup	5	3	0
Milk, whole	$\frac{5}{12}$ cup	5	3	4
Mineral oil	9 T.	0	0	0
Mushrooms	$\frac{1}{2}$ cup; 4 medium	3	1	0
Muskmelon	$\frac{1}{4}$ melon, 5'' diameter	5	1	0
Oats, rolled, cooked	$\frac{1}{2}$ cup (4 parts water for 1 part oats)	16. 5	5	2
Oats, rolled, uncooked	1 $\frac{1}{2}$ cups	65	16	6
Okra	$\frac{1}{2}$ cup; 5 stalks	3	1	0
Onion, white	$\frac{1}{2}$ cup	9	2	0
Orange	1 section = 10 gm.	10	0	0
Orange juice	$\frac{5}{12}$ cup; 6 T.	10	0	0
Oysters, raw	$\frac{1}{3}$ to $\frac{1}{2}$ cup	4	6	1
Parsnips	$\frac{1}{2}$ cup	11	2	0
Peach	1 medium sized	9	0	0
Peanut butter		17	29	47

See footnotes at end of table.

HOUSEHOLD MEASUREMENTS—Continued

[Composition of 100-gram portions]

		C	P	F
Peanuts	$\frac{3}{4}$ cup	22	26	39
Pear	1 medium sized	10	1	0
Peas, green, canned	$\frac{1}{2}$ cup	8	4	0
Peas, green, shelled	$\frac{1}{2}$ cup	15	7	0
Pecans	1 cup ($\frac{1}{2}$ meat = $\frac{3}{4}$ gm.)	15	10	71
Pie, apple	$\frac{1}{4}$ average pie	43	3	10
Pie, cream	$\frac{1}{4}$ average pie	51	4	11
Pie, custard	$\frac{1}{4}$ average pie	26	4	6
Pie, lemon	$\frac{1}{4}$ average pie	37	4	10
Pie, mince	$\frac{1}{4}$ average pie	38	6	12
Pie, raisin	$\frac{1}{4}$ average pie	47	3	11
Pineapple	$\frac{3}{4}$ cup sliced or cubed	10	0	0
Pistachios	$\frac{3}{4}$ cup	14	24	51
Plums	2 medium	20	1	0
Pork chop, lean	1	0	20	19
Potato chips	4 cups	47	7	40
Potatoes, sweet, raw	$\frac{1}{2}$ medium to 1 small	26	2	0
Potatoes, white	1 potato = 60 to 120 gm.	18	2	0
Prunes (dried)	6	62	2	0
Prunes (fresh)	3 to 4	19	1	0
Pudding, rice custard	$\frac{1}{4}$ cup	31	4	5
Pudding, tapioca	$\frac{1}{2}$ to $\frac{3}{4}$ cup	28	3	3
Puffed rice	5 cups	90	8	0
Radishes	10 medium or 15 small	4	1	0
Raspberries	$\frac{1}{2}$ to $\frac{3}{4}$ cup	15	1	0
Rhubarb	$\frac{1}{2}$ to $\frac{3}{4}$ cup	3	1	0
Rice, cooked	$\frac{3}{4}$ cup	24	3	0
Rutabagas	$\frac{1}{2}$ to $\frac{3}{4}$ cup	6	1	0
Salad oils	1 T. = 15 gm.	0	0	100
Salmon, canned	$\frac{1}{2}$ cup	0	22	12
Sandwich, chicken	2 slices bread, 30 gm. chicken, 9 gm. butter	32	12	8
Sandwich, egg	2 slices bread, 1 egg, 9 gm. butter	32	12	13
Sardines, canned	4 large to 10 small	0	23	20
Sauerkraut	$\frac{1}{2}$ to $\frac{3}{4}$ cup	3	1	0
Shredded Wheat Biscuit	$3\frac{1}{4}$ (1 biscuit = 30 gm.)	71	11	1
Soybean flour	$\frac{2}{3}$ to 1 cup	7	43	20
Spaghetti, cooked	$\frac{3}{4}$ cup	20	3	0
Spinach	$\frac{1}{2}$ cup	2	1	0
Squash, Hubbard	$\frac{1}{2}$ cup	6	1	0
Squash, summer	$\frac{1}{2}$ to $\frac{3}{4}$ cup	3	1	0
Strawberries	$\frac{3}{4}$ cup	6	1	1
Succotash	$\frac{1}{2}$ to $\frac{3}{4}$ cup	18	4	1
Sugar	7 T.	100	0	0
Sweetbreads	3 average	0	17	12
Swiss chard	$\frac{1}{2}$ cup	3	2	0
Tomato juice	$\frac{1}{2}$ cup	4	1	0
Tomatoes, canned	$\frac{1}{2}$ cup	4	1	0

See footnotes at end of table.

HOUSEHOLD MEASUREMENTS—Continued

[Composition of 100-gram portions]

		C	P	F
Tomatoes, fresh-----	1 medium sized-----	4	1	0
Trout, brook-----	2 slices, 3'' x 2'' x ½''-----	0	20	2
Trout, lake-----	2 slices, 3'' x 2'' x ½''-----	0	18	10
Turkey-----	2 slices 5'' x 3'' x ½'' light and dark mixed.	0	22	23
Turnips-----	½ cup-----	5	1	0
Veal cutlets-----	2 slices, 2'' x 3'' x ½''-----	0	20	8
Veal, roast, lean-----	2 slices, 2'' x 3'' x ½''-----	0	29	1
Veal, roast, medium fat-----	2 slices, 2'' x 3'' x ½''-----	0	20	9
Walnuts, black-----	1 cup (½ meat=1½ gm.)----	10	28	56
Walnuts, English-----	1 cup (½ meat=1½ gm.)----	14	17	63
Watercress-----	2½ cups-----	4	1	0
Watermelon-----	2½'' x 2'' x 1''-----	6	0	0
Wheatena, cooked-----	½ cup-----	22	3	0
Wheatena, uncooked-----	⅔ cup-----	74	12	3

Carbohydrate, protein, and fat content in grams per hundred. One gram of carbohydrate or protein contains 4 calories; one gram of fat, 9 calories.

Meat of firm texture, no bone, little fat, averages 6 to 9 cubic inches per 100 grams. Looser texture meat, 9 to 12 cubic inches.

DIETARY EQUIVALENTS

1. In place of 100 grams of a 3%-vegetable, one may use:
 - a. Vegetable (6%)—50 grams.
 - b. Fruits (5%)—60 grams.
 - c. Fruits (10%)—30 grams.
 - d. Vegetable or fruit (20%)—20 grams.
 - e. Vegetable or fruit (20%)—15 grams.
2. In place of 100 grams of a 6%-vegetable, one may use:
 - a. Vegetable (3%)—200 grams.
 - b. Fruit (5%)—120 grams.
 - c. Fruit (10%)—60 grams.
 - d. Vegetable or fruit (15%)—40 grams.
 - e. Vegetable or fruit (20%)—30 grams.
 - f. Soda crackers—7 grams.
 - g. Bread—10 grams.
3. In place of 100 grams of a 5%-fruit, one may use:
 - a. Vegetable (3%)—165 grams.
 - b. Vegetable (6%)—80 grams.
 - c. Fruit (10%)—50 grams.
 - d. Vegetable or fruit (20%)—35 grams.
 - e. Vegetable or fruit (20%)—25 grams.
 - f. Soda crackers—7 grams.
 - g. Bread—10 grams.
4. In place of 100 grams of a 10%-fruit, one may use:
 - a. Vegetable (3%)—335 grams.
 - b. Vegetable (6%)—165 grams.
 - c. Fruits (5%)—200 grams.
 - d. Vegetables or fruit (15%)—65 grams.
 - e. Vegetables or fruit (20%)—50 grams.
 - f. Cereal (dry)—12 grams.
 - g. Soda crackers—15 grams.
 - h. Bread—20 grams.
5. In place of 100 grams of a 20%-fruit or vegetables, one may use:
 - a. Fruit (10%)—200 grams.
 - b. Vegetables or fruit (15%)—135 grams.
 - c. Soda crackers—26 grams.
 - d. Flour—26 grams.
 - e. Bread—40 grams.
 - f. Cereal (dry)—25 grams.

6. In place of 20 grams of bread, one may use:
 - a. Vegetable (3%)—350 grams.
 - b. Vegetable (6%)—176 grams.
 - c. Fruit (5%)—212 grams.
 - d. Fruit (10%)—106 grams.
 - e. Vegetable or fruit (15%)—70 grams.
 - f. Vegetable or fruit (20%)—53 grams.
 - g. Cereal^v(dry)—13^vgrams.
 - h. Soda crackers—14 grams.
 - i. Flour—14 grams.
7. In place of 50 grams of meat (beef, mutton, lamb, fowl, veal) one may use:
 - a. Eggs—two.
 - b. Beef tongue—60 grams.
 - c. Corned beef—70 grams.
 - d. Ham—60 grams.
 - e. Liver—50 grams, and bacon—10 grams.
 - f. Dried beef—50 grams, and butter—10 grams.
 - g. Sweetbreads—60 grams.
 - h. American cheese—40 grams.
 - i. Sardines (in oil)—50 grams.
 - j. Fish (salmon, tuna, mackerel)—50 grams.
 - k. Fish (halibut, whitefish, lake^v trout, perch, crab, lobster) 70 grams, and butter—10 grams.
8. In place of 200 grams^v of milk, one^v may use:
 - a. Egg and orange—100 grams.
 - b. Egg and bread—20 grams.
 - c. Egg and dry cereal—15 grams.
 - d. Egg and soda crackers—15 grams.
 - e. Egg and potato—50 grams.
9. In place of 200 grams of skim milk, one may use:
 - a. Lean meat—25 grams, and orange—100 grams.
 - b. Lean meat—25 grams, and bread—20 grams.
 - c. Lean meat—25 grams, and dry cereal—14 grams.
 - d. Lean meat—25 grams, and soda crackers—14 grams.
 - e. Lean meat—25 grams, and potato—50 grams.
 - f. Buttermilk—200 cc.

10. In place of 230 grams of 20%-cream, one may use:
 - a. Egg, bread—20 grams, and butter—45 grams.
 - b. Egg, orange—120 grams, and butter—45 grams.
 - c. Milk—230 grams, and butter—45 grams.
 - d. Cream (40%)—100 grams, egg, and orange—100 grams.
11. In place of 100 grams of 20%-cream, one may use:
 - a. Milk—100 grams, and butter—100 grams.
 - b. Fruit (5%)—100 grams, meat—10 grams, and butter—20 grams.
12. In place of 230 grams of 40%-cream, one may use:
 - a. Milk—150 grams, and butter—100 grams.
 - b. Cream (20%)—150 grams, butter—70 grams, and orange—70 grams.
 - c. Egg, and butter—100 grams.

MINIMAL DAILY DIETARY ALLOWANCE

1. At least $1\frac{1}{2}$ squares of butter.
2. At least 1 pint of milk.
3. At least one serving of meat and one egg.

Beans, cheese, and peanuts may be substituted for an egg.

The biologic values of proteins vary. The best are eggs, milk, kidney, and liver. These are followed by muscle tissues of meats, poultry, and fish; shellfish, and soybeans. Nuts and legumes are poor.

Fish vary in distribution of fat. The white lean fish, in which the fat is located chiefly in the liver, include bass, bluefish, cod, flounder, haddock, and whitefish. The dark oily fish in which the fat is distributed throughout the body comprise the butterfish, herring, mackerel, salmon, shad, and trout.

4. At least three servings of vegetables—one a green leafy vegetable, raw if possible, or one yellow.
5. Two to three servings of fruit—one a citrus fruit or other source of vitamin C, and one raw if possible.
6. One serving of cereal or bread—whole-grain or enriched.

QUALITATIVE GENERAL DIETS

In hospitals diets are more or less standardized for patients who do not require special dietetic consideration. They are called liquid, soft, light, and regular. They are composed as follows

LIQUID DIET—FEEDINGS EVERY 2 HOURS OF 4-8 OUNCES EACH

Broth	Gelatin—no fruits or nuts
Buttermilk	Ginger ale
Cereal gruels — Cream of Wheat, strained oatmeal, and other cereal without bran	Milk—chocolate, malted, or plain Milk shake
Cream	Soups—strained—creamed or clear
Eggnog	Strained vegetable juices
Fruit juices—strained or unstrained	Special hot drinks—tea, cocoa, or coffee
	Sugar

SOFT DIET

Any liquid food	Ice cream and ices
Blancmange	Junkets
Cereals	Macaroni
Cheese—cottage or cream	Milk toast with butter
Custards	Noodles
Eggs—soft cooked	Potato, baked
Fruits—cooked, strained, without skin or seeds	Rice, boiled
Gelatin	Spaghetti

LIGHT DIET

To the foods in the soft diet are added:

- | | |
|-------------------------------|---|
| 1. Beef, scraped | 7. Steak, tender, broiled |
| 2. Bread and crackers | 8. Vegetables, puréed. Asparagus, beets, carrots, peas, squash, spinach, string beans. Omit baked beans, cabbage, cucumbers, onions |
| 3. Chicken, baked white meat | |
| 4. Fish | |
| 5. Lamb chops, broiled | |
| 6. Leg of lamb, roasted, lean | |

REGULAR OR FULL DIET—COMPOSED OF THREE MAIN MEALS AND CONTAINING ABOUT 2,500 CALORIES SUPPLEMENTED IF DESIRED BY INTERMEDIATE NOURISHMENT

Breakfast

Fruit or fruit juice	Eggs, any style except fried or scrambled
Cereals, dry or cooked	Bread, plain or toasted, or muffins
Bacon, crisp and drained of fat	Milk, coffee or cocoa

Dinner

Soup, creamed or without fat	Bread or toast
Potato or rice, any style except fried	Fruit, stewed; raw if allowed
Vegetables, cooked (uncooked if allowed)	Dessert, any form except rich pastries
Meat, any kind except pork; any style except fried	Tea or cocoa

Supper

Soup, as above	Cheese, cottage or cream
Rice, spaghetti or macaroni	Fruit as above
Vegetables, as above	Custard, gelatin, pudding, or junket
Eggs, as above	Jelly or preserves
Bread, toast, or crackers	Milk

TO OBTAIN HIGHER CALORIC VALUES, ADD THE FOLLOWING:

- 3,500 calories: high caloric liquid nourishments three times a day.
- 4,000 calories: mints, jelly twice a day, and cookies with nourishments three times a day to the 3,500-calory diet.
- 4,500 calories: one-half pint of cream to 4,000-calory diet.
- 5,000 calories: second servings of high carbohydrate foods to 4,500-calory diet.

FOR A HIGH VITAMIN DIET, ADD:

1. Whole wheat bread three times a day.
2. Citrus fruit juice or tomato juice three times a day.
3. Liver three times a week.
4. Milk at dinner and supper.

DIETS IN GASTRO-INTESTINAL DISEASE

ULCER DIET NO. 1¹

This diet consists of 2 ounces of milk and 2 ounces of cream taken every hour beginning at 0730 and continuing through 2130. Include 2 ounces of orange juice daily.

Approximate food value—2,500 calories.

MODIFIED ULCER DIET NO. 1

Any one of the following combinations containing 2 ounces of milk and 2 ounces of cream may be taken in place of the plain milk and cream feedings:

- | | |
|------------------------------------|--------------------------------------|
| 1. Chocolate milk and cream | 5. Custard of various flavors |
| 2. Malted milk and cream | 6. Bavarian cream of various flavors |
| 3. Eggnog made with milk and cream | 7. Ice cream without fruit or nuts |
| 4. Junket of various flavors | 8. Mousses |

ULCER DIET NO. 2

Small meals are substituted for the hourly milk and cream feedings at 0830, 1230 and 1730. These meals consist of a serving of cereal, cream soup, and a bland pudding. Include 2 ounces of orange juice daily.

Approximate food value—3,000 calories.

FOODS ALLOWED

1. *Milk*

Three or four glasses; mix with the cream for feedings.

2. *Cream*

Three or four glasses; mix with the milk for feedings.

3. *Cereals*

Only fine cereals without bran should be used:

Cornmeal	Farina	Ralston's Super Farina
Cream of Wheat	Malt-o-Meal	Strained oatmeal

¹ Milk and cream may be given during the night if necessary in all ulcer diets. When cream is unobtainable, substitute milk.

4. Cream Soups

Made of milk, cream, and vegetable purée, using the following vegetables:

Asparagus	Corn	Spinach
Carrots	Lima beans	Squash
Celery or potatoes	Peas	

5. Desserts

Bavarian cream	Junkets	Plain rice pudding
Blancmange	Plain jello with whipped cream	Tapioca cream
Custards		
Ice cream		

ULCER DIET NO. 3

Four-ounce hourly feedings of milk and cream are reduced to 3 ounces. Three small meals are substituted for the milk and cream feedings at 0830, 1230 and 1730. These consist of foods allowed in the Ulcer No. 2 diet plus soft cooked eggs, bland potatoes, and toast.

Approximate food value—3,000 calories.

FOODS ALLOWED

1. Milk

Three or four glasses mixed with the cream for feedings.

2. Cream

Three or four glasses mixed with the milk for feedings.

3. Eggs

Two; soft cooked, poached, shirred, or scrambled in double boiler.

Substitutes for 1 egg:

Cottage cheese—2 table- spoons	Custard— $\frac{1}{2}$ cupful	Milk—1 glass
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4. Butter

Three or more squares.

5. Cereals

Cornmeal	Farina	Ralston's Super Farina
Cream of Wheat	Malt-o-Meal	Strained oatmeal

6. Cream soups

Made of milk, cream, and vegetable purée, using the following vegetables:

Asparagus	Corn	Spinach
Carrots	Lima beans	Squash
Celery or potatoes	Peas	

7. *Potatoes*

Two servings. Baked, mashed, boiled, scalloped and creamed.

8. *Toast*

Three or more slices made of white bread which has been dried out slowly and toasted.

9. *Desserts*

Bavarian cream
Blancmange
Custards
Ice cream

Junkets
Plain jello with whipped
cream

Plain rice pudding
Tapioca cream

10. *Orange juice*

Two ounces.

ULCER DIET NO. 4

Ulcer Diet No. 4 differs from Ulcer Diet No. 3 in that bland fruit is added, and that hourly feedings of milk and cream are discontinued. A glass of milk with one-third cream is taken between 1000 and 1100, at 1400, at 1600, and before bedtime.

Approximate food value—2,950 calories.

FOODS ALLOWED

1. *Milk*

Two or three glasses mixed with the cream.

2. *Cream*

Two or three glasses mixed with the milk.

3. *Eggs*

Two, soft-cooked, poached, shirred, or scrambled in double boiler.
Substitutes for 1 egg:

Cottage cheese—2 tablespoons
Custard— $\frac{1}{2}$ cupful

Milk—1 glass

4. *Butter*

Three or more squares.

5. *Cereals*

Cornmeal
Cream of Wheat

Farina
Malt-O-Meal

Ralston's Super Farina
Strained oatmeal

6. *Potatoes*

Two servings.

Preparation: Baked, mashed, boiled, scalloped, or creamed.

7. *Toast*

Three or more slices made of white bread which has been dried out slowly and toasted.

Substitutes: Zwieback, rusks, soda crackers, hard French rolls.

8. *Cream soups*

Made of milk, cream, and vegetable purée, using the following vegetables:

Asparagus	Corn	Spinach
Carrots	Lima beans	Squash
Celery or potatoes	Peas	

9. *Fruits*

Two servings.

Apple sauce	Peaches	Ripe banana
Apricots	Pears	White cherries
Baked apple	Prunes	

Preparation: All fruits except banana should be stewed, baked, or canned, and served without skins and seeds.

10. *Desserts*

Angel food cake	Ice cream	Sponge cake
Apricot whip	Jello	Tapioca cream
Blanemange	Plain sugar cookies	Vanilla wafers
Custards	Prune whip	
Fruit Bavarian	Rice pudding	

ULCER DIET NO. 5

A glass of milk with one-third cream is given between breakfast and dinner, between dinner and supper, and at bedtime.

Approximate food value—2,800 calories.

FOODS ALLOWED

1. *Milk*

Five or six glasses. Two or three glasses with meals or three glasses between meals. Whole, skim, or buttermilk may be used.

2. *Cream*

As desired.

3. *Eggs*

Two; preparation: Soft cooked, poached, creamed, soufflé, scrambled, or shirred.

Substitutes for 1 egg: Cottage cheese—2 tablespoonfuls; milk—1 glass; custard— $\frac{1}{2}$ cupful; or soft white cream cheese—1-inch cube.

4. *Meat, fish, and fowl*

One average serving, scraped beef, liver, sweetbreads, tender beef, oysters^{*} lamb chops, chicken, and whitefish.

5. *Fruits*

Two servings.

Apple sauce	Banana	Prunes
Apricots	Peaches	White cherries
Baked apple	Pears	

Preparation: All fruits except ripe bananas should be stewed, baked, or canned, and served without skin or seeds. Orange juice—2 oz. three times a day.

6. *Vegetables*

Two servings.

Asparagus	Cauliflower	String beans
Beets	Peas	Squash
Carrots	Spinach	

7. *Butter*

Three squares.

8. *Cereals*

Only fine cereals without bran should be used, namely:

Baby Ralstons	Cream of Wheat	Rice Flakes
Brownies	Farina	Strained oatmeal
Cornflakes	Kix	
Cornmeal	Puffed Rice	

9. *Bread*

Three or more slices. Either white, fine rye, or French rolls.

Preparation: Bread should be dried out slowly and toasted.

Substitutes: Rusks, zwieback.

10. *Potatoes*

Two servings.

Preparation: Creamed, baked, boiled, mashed, or scalloped.

11. *Desserts*

Angel food cake	Ice cream	Rice pudding
Arrowroot wafers	Jello	Sponge cake
Apriect whip	Plain sugar cookies	Tapioca cream
Blancmange	Prune whip	Vanilla wafers

12. *Soups*

Made of milk, cream, and vegetables allowed on diet; 1½ cups.

13. *Salt*

Use sparingly.

14. Sweets

Sugar in moderation and jelly in moderation.

15. Beverages

Cocoa or chocolate	Milk or water flavored	Postum
Eggnog	with coffee	Sanka
Kaffee Hag	Milk shake	Weak tea
Milk and cream allowed in diet	Plain or chocolate malted milk	

General instructions

1. Avoid stimulants—strong tea and coffee, alcoholic drinks, and soft drinks.
2. Avoid fried and rich foods.
3. Avoid raw fruits and vegetables except those named.
4. Avoid foods containing coarse fibers, sharp seeds, skins, and bran.
5. Avoid condiments.
6. Use only tender meats.
7. Avoid too fresh bread.
8. Do not take liquids and foods too hot or too cold.
9. Avoid eating concentrated sweets between meals.

DIET FOR BLEEDING DUODENAL ULCER

First day: C 206; P 70; F 81; total 1,833 calories.

0700	5 ounces whole milk, 3 ounces strained barley gruel.
0800	1 ounce strained orange or tomato juice, 1 pulverized brewer's yeast tablet.
0900	1 egg beaten into 5 ounces of milk.
1000	1 ounce strained orange or tomato juice.
1100	5 ounces whole milk with 1 ounce barley sugar (30 grams maltose).
1200	1 ounce strained orange or tomato juice.
1300	1 ounce strained orange or tomato juice, 3 ounces bland puréed vegetable, 3 ounces custard, 1 ounce cream, 1 pulverized brewer's yeast tablet.
1400	1 ounce strained orange or tomato juice.
1500	1 egg beaten up in 5 ounces milk with 1 ounce barley sugar (30 grams maltose).
1600	1 ounce strained orange or tomato juice.
1700	5 ounces whole milk, 3 ounces puréed bland fruit, 3 ounces jello.
1800	1 ounce strained orange or tomato juice, 1 pulverized brewer's yeast tablet.
1900	1 egg beaten up in 5 ounces milk, 1 ounce barley sugar (30 grams maltose).

- 2000 1 ounce strained orange or tomato juice.
 2100 5 ounces whole milk, 3 ounces puréed bland fruit, 3 ounces junket.

Note.—For feedings when desired at night, alternate 5 ounces whole milk and 1 egg beaten into 5 ounces whole milk.

Second day: C 261; P 80; F 132; total 2,552 calories

- 0700 5 ounces whole milk, 3 ounces strained barley gruel.
 0800 1 ounce strained orange or tomato juice, 1 pulverized brewer's yeast tablet.
 0900 1 egg beaten up in 5 ounces whole milk, 1 buttered zwieback.
 1000 1 ounce strained orange or tomato juice.
 1100 5 ounces whole milk with 1 ounce barley sugar (30 grams maltose), 1 thin slice buttered white bread with crust removed.
 1200 1 ounce strained orange or tomato juice.
 1300 1 ounce strained orange or tomato juice, 3 ounces puréed bland vegetable, 3 ounces custard, 1 ounce cream, 1 pulverized brewer's yeast tablet.
 1400 1 ounce strained orange or tomato juice.
 1500 1 egg beaten up in 5 ounces milk with 1 ounce barley sugar (30 grams maltose), 1 buttered zwieback.
 1600 1 ounce strained orange or tomato juice.
 1700 5 ounces whole milk, 3 ounces puréed bland fruit, 3 ounces jello, 1 ounce cream, 1 thin slice buttered white bread with crust removed.
 1800 1 ounce strained orange or tomato juice, 1 pulverized brewer's yeast tablet.
 1900 1 egg beaten up in 5 ounces milk with 1 ounce barley sugar (30 grams maltose), 1 buttered zwieback.
 2000 5 ounces strained orange or tomato juice.
 2100 5 ounces whole milk, 3 ounces puréed bland fruit, 3 ounces junket.

Night feedings as above.

Third and subsequent days: C 303; P 108; F 140; total 2,904 calories.

- 0700 5 ounces whole milk, 3 ounces strained barley gruel.
 0800 1 ounce strained orange or tomato juice, 1 pulverized brewer's yeast tablet.
 0900 1 egg beaten up in 5 ounces whole milk, 2 buttered zwieback.
 1000 1 ounce strained orange juice or tomato juice.
 1100 5 ounces whole milk with 1 ounce barley sugar (30 grams maltose), 2 thin slices buttered white bread with crusts removed.
 1200 1 ounce strained orange or tomato juice.
 1300 1 ounce strained orange or tomato juice, 3 ounces puréed bland vegetable, 3 ounces custard, 1 ounce cream, 3 ounces boiled or steamed fish, 1 pulverized brewer's yeast tablet.
 1400 1 ounce strained orange or tomato juice.
 1500 1 egg beaten up in 5 ounces milk with 1 ounce barley sugar (30 grams maltose), 2 buttered zwieback.
 1600 1 ounce strained orange or tomato juice.

1700	5 ounces whole milk, 3 ounces puréed bland fruit, 3 ounces jello, 1 ounce cream, 2 thin slices buttered white bread with crusts removed.
1800	1 ounce strained orange or tomato juice, 1 pulverized brewer's yeast tablet.
1900	1 egg beaten up in 5 ounces milk with 1 ounce barley sugar (30 grams maltose), 2 buttered zwieback.
2000	1 ounce strained orange or tomato juice.
2100	5 ounces whole milk, 3 ounces puréed bland fruit, 3 ounces junket or custard.

Night feedings as above.

Note.—As soon as desired, patient may be placed on a standard ulcer diet.

MOTOR MEAL

To determine if gastric retention is present

This meal is given in the evening, and the stomach contents is aspirated the following morning. If residuum remains, gastric retention exists.

2 slices toast	Large serving raisins
1 serving meat	1 cup tea or coffee
$\frac{1}{2}$ orange	$\frac{1}{2}$ cup spinach

DIET FOR GASTRIC RETENTION

0600 (if desired)	8 ounces milk beverage
0800	8 ounces cereal with cream and sugar
	8 ounces beverage
	2 ounces strained orange juice
1000	8 ounces milk beverage
1200	6 ounces cream soup
	8 ounces milk beverage; dessert
1400	8 ounces milk beverage
1600	8 ounces milk beverage
1800	8 ounces cream soup or cereal
	8 ounces milk beverage; dessert
2100	8 ounces milk beverage (approximately 1,900 calories)

General instructions

1. All milk must be boiled before serving or before being used in the preparation of any of the dishes.
2. The patient may have as much in quantity as he desires.
3. Cream may be used in place of milk if so desired. This increases the caloric intake and is desirable if weight gain is wanted.
4. Nourishments should be taken at least every 2 hours.
5. Feedings may be given during the night if desired.

LIST OF FOODS FOR RETENTION DIETS

Cereals with cream and sugar

Baby Ralstons
Brownies
Cornmeal

Cream of Wheat
Farina

Malt-o-Meal
Strained oatmeal

Beverages

Buttermilk
Eggnog
Kaffee Hag

Malted milk
Milk and cream
Milk shake

Postum
Weak tea with cream and
sugar

Soups

Cream soups: Flavored with peas, celery, asparagus, corn, string beans, spinach, carrots, potato, or any vegetable except tomato. *Every particle of vegetable must be strained out of soup before it is served.*

Desserts

Ice cream: Vanilla, chocolate, caramel, maple. No nuts or fruit.

Puddings: Custards, California cream, cornstarch puddings, etc.

Gelatin desserts: May contain whipped cream but not fruits. Prepared gelatin desserts may be used.

Orange juice

Two ounces of fresh strained orange juice should be taken daily.

Other foods

These foods may be added to the above list when special permission is obtained from the physician:

Beverages: Fruit juices, fruit juice drinks, coffee, carbonated drinks, etc.

Soups: Plain beef, chicken or albuminized broths, cream of tomato soup.

Dessert: Sherbet (no fruit particles).

TUBE FEEDINGS

1. Calories—1,500; quantity—1,000 cc.

Milk—500 cc.

Cream—(20%)—300 cc.

Karo syrup—100 cc.

Eggs—two

Tomato juice—50 cc.

2. Calories—2,000; quantity—1,200 cc.

Milk—500 cc.

Cream (20%)—400 cc.

Karo syrup—200 cc.

Eggs—two

Tomato juice—50 cc.

3. Calories—2,500; quantity—1,500 cc.

Milk—500 cc.

Cream (20%)—650 cc.

Karo syrup—300 cc.

Eggs—two

Tomato juice—50 cc.

4. Calories—2,500; quantity—2,000 cc.

Milk—1,200 cc.

Cream (40%)—300 cc.

Karo syrup—300 cc.

Eggs—three

Tomato juice—50 cc.

5. Calories—3,000; quantity—2,000 cc.

Milk—900 cc.

Cream (20%)—600 cc.

Karo syrup—300 cc.

Eggs—three

Tomato juice—50 cc.

DIET FOLLOWING OPERATIONS FOR ULCER OF STOMACH AND DUODENUM

(Gastro-enterostomy diet)

First day¹

Anything given must be entirely at the order of the doctor in charge. All foods must be at body temperature.

Second day

0800	1½ ounces strained oatmeal and 1 tablespoonful rich milk.
1100	2 ounces custard.
1400	1½ ounces strained oatmeal and 1 tablespoonful rich milk.
1700	2 ounces blancmange.

Third day

0800	1½ ounces strained oatmeal and 1 tablespoonful rich milk.
1000	2 ounces milk and cream.
1200	2 ounces custard.
1400	2 ounces milk and cream.
1600	2 ounces blancmange.
1800	1½ ounces strained oatmeal with 1 tablespoonful rich milk.
2000	2 ounces milk and cream.

Fourth day

0800	2 ounces strained cereal and 1 tablespoonful rich milk, 1 tablespoonful orange juice.
1000	3 ounces milk and cream.
1200	3 ounces cream soup, strained.
1400	3 ounces milk and cream.
1600	3 ounces custard.
1800	3 ounces blancmange.
2000	3 ounces milk and cream.

¹ Days of diet, not operation.

Fifth day

0800	2 ounces strained cereal and 1 ounce cream, 2 tablespoonfuls orange juice.
1000	3 ounces milk and cream.
1200	2 ounces cream soup, 2 ounces custard.
1400	3 ounces milk and cream.
1600	3 ounces jello.
1800	2 ounces blancmange, 1 ounce cream, 2 ounces cream soup.
2000	3 ounces milk and cream.

Sixth day

0800	2½ ounces strained cereal, 1 ounce cream, ½ tablespoonful lactose, 3 tablespoonfuls orange juice.
1000	3 ounces milk and cream.
1200	2 ounces cream soup, 2 ounces custard.
1400	3 ounces milk and cream.
1600	3 ounces milk and cream.
1800	2 ounces cereal, 1 ounce cream, 2 ounces jello.
2000	3 ounces milk and cream.

Seventh day

0800	3 ounces cereal, 1 ounce cream, 1 tablespoonful lactose, 4 tablespoonfuls orange juice.
1000	4 ounces milk and cream.
1200	2 ounces cream soup, poached egg, 2 ounces custard.
1500	4 ounces milk and cream.
1800	Milk toast (1 slice toast and 4 ounces milk), 3 ounces custard.
2000	4 ounces milk and cream.

Eighth day

0800	3 ounces cereal, 1 ounce cream, 1 tablespoonful sugar, ½ slice toast, ½ square butter, 5 tablespoonfuls orange juice.
1000	4 ounces milk and cream.
1200	3 ounces cream soup, poached egg, 1 slice toast and butter.
1500	4 ounces milk and cream.
1800	Milk toast (1 slice toast and 4 ounces milk) and custard.
2000	4 ounces milk and cream.

Ninth day

0800	3 ounces cereal, 1 ounce cream, 1 tablespoonful sugar, ½ slice toast, ½ square butter, poached or soft cooked egg, 6 tablespoonfuls orange juice.
1000	4 ounces milk and cream.
1200	3 ounces cream soup, small baked or mashed potato, 1 slice toast and butter, custard or soft bread pudding.
1500	4 ounces milk and cream.
1800	3 ounces cereal, 1 ounce cream, 1 tablespoonful sugar, 1 slice toast and butter, ½ glass milk.
2000	4 ounces milk and cream.

Tenth day

0800	Same as ninth day with 4 ounces milk and 7 tablespoonfuls orange juice.
1000	4 ounces milk and cream.
1200	Small baked or mashed potato, cream soup, strained applesauce, 1 slice toast and butter, 1 glass milk.
1500	4 ounces milk and cream.
1800	Small baked potato, 1 slice toast and butter, $\frac{1}{2}$ glass milk, custard or soft pudding.
2000	4 ounces milk and cream.

Eleventh day

0800	Strained prunes, cereal, cream, 1 tablespoonful sugar, 1 slice toast and butter, soft cooked egg, milk, 8 tablespoonfuls orange juice.
1000	6 ounces milk and cream.
1200	Small baked or mashed potato, chicken, fish, or scraped beef, 1 slice toast and butter, 1 glass milk.
1500	6 ounces milk and cream.
1800	Cream soup, custard, poached egg on toast, 1 glass milk, 1 slice toast and butter.
2000	6 ounces milk and cream.

After the eleventh day the patient is given a bland diet. After 4 or 6 months the patient may gradually partake of a normal diet.

POSTOPERATIVE DIET FOR DIAPHRAGMATIC HERNIA

First day²

0800	Bland cereal, cream, sugar.
1000	Custard or other bland pudding.
1200	Strained cream soup, bland pudding.
1400	$\frac{1}{2}$ glass milk or substitute.
1600	Jello or other bland pudding.
1800	Broth, crackers and butter, bland pudding.
2000	$\frac{1}{2}$ glass milk or substitute.

Second day

0800	Bland cereal, cream, and sugar. Toast (white) and butter.
1000	1 glass milk or substitute.
1200	Broth and crackers. Mashed potato or baked potato. Bland pudding.
1500	1 glass milk or substitute.
1800	Strained cream soup. Poached egg on toast. Jello.
2000	1 glass milk or substitute.

² Days of diet, not of operation.

Third day

0800	Bland cereal, cream, and sugar.
1000	1 glass milk or substitute.
1200	Strained cream soup. Potato. Bland pudding. Toast and butter.
1500	1 glass milk or substitute.
1800	Broth and crackers. Egg or cottage cheese. Potato or substitute. Bland pudding. Toast and butter.
2000	1 glass milk or substitute.

Fourth day

0800	Strained orange juice. Bland cereal, cream, sugar. Egg. Toast and butter. Beverage.
1000	1 glass milk or substitute, fruit juice.
1200	Broth. Bland meat and potatoes. Vegetable purée. Bland pudding. Toast and butter. Beverage.
1500	1 glass milk or substitute, fruit juice
1800	Broth or strained cream soup. Egg or cottage cheese. Potato or substitute. Vegetable purée. Bland pudding. Toast and butter. Beverage.
2000	1 glass milk or substitute, fruit juice.

Fifth day

0800	Bland fruit. Bland cereal, cream, and sugar. Egg or bacon. Toast and butter. Strained orange juice. Beverage.
1000	1 glass milk or substitute, fruit juice.

- 1200 Broth.
 Bland meat.
 Potato.
 Bland vegetable.
 Bland pudding.
 Bread and butter and beverage.
- 1500 1 glass milk or substitute.
- 1800 Strained cream soup.
 Egg or substitute.
 Potato or substitute.
 Bland vegetable and fruit.
 Bread and butter and beverage.
- 2000 1 glass milk or substitute, fruit juice.

After the fifth-day diet has been given for 4 or 5 days, gradually increase to normal diet.

QUALITATIVE DIET

LOW FAT, HIGH CARBOHYDRATE

Avoid:

Beverages

Chocolate

Cocoa

Dairy Products

Cheese, except cottage
Cream

Ice cream
Egg yolk

Desserts

Pastries

Pies

Fats

Lard, other cooking fats

Salad dressings made with oil

Fat fish

Salmon
Sardines
Shad

Smoked herring
Spanish mackerel
Tuna

Fat meats

Bacon
Brains
Ham

Mutton
Pork
Sausage

Fried or greasy foods of all kinds

Nuts of all kinds

Highly seasoned foods

Vegetables tending to produce flatulence

Beans
Broccoli
Brussels sprouts
Cabbage
Cauliflower
Corn
Cucumbers
Garlic

Kohlrabi
Lentils
Onions
Peppers
Radishes
Rutabagas
Sauerkraut
Swiss chard
Turnips

Permitted foods:

Breads

Butter

One-half square with each meal

Desserts

Jello

Sherbets

Ices

Fruits

Preferably those containing 15 and 20 percent carbohydrate. Use fruit juices fortified with sugar.

Meats and fish

Bass

Flounder

Beef

Liver

Brook trout

Lobster

Chicken

Perch

Clams

Sweetbreads

Cod

Veal

Milk

Use skim milk in place of whole milk and cream. Make creamed soups with milk.

Potatoes and potato substitutes

Sugars

Candy

Jelly

Dextrose

Marmalade

Honey

Molasses

Jam

Sucrose

Vegetables

Preferably those containing 15 and 20 percent carbohydrate.

QUANTITATIVE DIETS*

Low Fat, High Carbohydrate No. 1

(C 1,204; P 216; F 621; total 2,041)

Food	Grams at:			Total	Grams					
	0700	1200	1800		Carb.		Prot.		Fats	
					Gm.	%	Gm.	%	Gm.	%
Vegetables, 3%	-----	200	200	400	12	3	4	1	0	0
Vegetables, 6%	-----	-----	-----	-----	-----	6	-----	1	-----	0
Fruits, 10%	100	150	150	400	40	10	4	1	0	0
Vegetables or fruits, 20%	-----	100	100	200	40	20	4	2	0	0
Cereal (dry)	20	-----	-----	20	16	80	2	10	1	5
Bread	40	40	40	120	63.6	53	10.8	9	2.4	2
Cream, 20%	60	20	20	100	5	5	3	3	20	20
Milk	-----	200	200	400	20	5	12	3	16	4
Bacon	10	-----	-----	10	0	0	2.5	25	5	50
Egg	2	-----	-----	2	0	0	12	6	12	6
Butter	5	5	5	15	0	0	0	0	12.7	85
Fruit juice, 10%	200	200	200	600	60	10	0	0	0	0
Jelly	15	20	20	55	44	80	0	0	0	0
Total grams	-----	-----	-----	-----	301	-----	54	-----	69	-----

Low Fat, High Carbohydrate No. 2

(C 1,436; P 280; F 774; total 2,490)

Vegetables, 3%-----	-----	200	200	400	12	3	4	1	0	0
Fruits, 10%-----	150	-----	-----	150	15	10	1.5	1	0	0
Vegetables or fruits, 25%-----	-----	100	100	200	50	25	2	1	0	0
Vegetables or fruits, 20%-----	-----	100	100	200	40	20	4	2	0	0
Cereal (dry)-----	20	-----	-----	20	16	80	2	10	1	5
Bread-----	60	60	30	150	79.5	53	13.5	9	3	2
Milk-----	200	200	200	600	30	5	18	3	24	4
Egg-----	1	-----	1	2	0	0	12	6	12	6
Meat (lean)-----	-----	50	-----	50	0	0	12.5	25	7.5	15
Butter-----	15	15	15	45	0	0	0	0	38.2	85
Sugar-----	10	10	10	30	30	100	0	0	0	0
Jelly-----	10	10	10	30	24	80	0	0	0	0
Fruit juice, 10%-----	200	200	200	600	60	10	0	0	0	0
Total grams-----	-----	-----	-----	-----	357	-----	70	-----	86	-----

*Caloric values are based upon the following factors: 1 gram of carbohydrate contains 4 calories; 1 gram of protein contains 4 calories; 1 gram of fat contains 9 calories.

QUANTITATIVE DIETS—Continued

Low Fat—High Carbohydrate—High Protein—Low Meat Protein

(C 1,912; P 416; F 297; total 2,625)

Food	Grams at:			Total	Grams					
	0700	1200	1800		Carb.		Prot.		Fats	
					Gm.	%	Gm.	%	Gm.	%
Vegetables, 3%-----		200	200	400	12	3	4	1	0	0
Lemon juice, 10%-----	30	30	30	90	9	10	0	1	0	0
Vegetables or fruits, 15%-----	100	150	150	400	60	15	4	1	0	0
Vegetables or fruits, 20%-----		100	100	200	40	20	4	2	0	0
Cereal (dry)-----	20			20	16	80	2	10	1	5
Bread-----	30	30	30	90	47.7	53	8.1	9	18	2
Cream 20%-----		15	15	30	1.5	5	9	3	6	20
Milk-----	250	150	150	550	27.5	5	16.5	3	5.5	4
Egg-----	1			1	0	0	6	6	6	6
Cottage cheese-----		70	70	140	6	0	26	25	0	15
Butter-----	5	5	5	15	0	0	0	0	12.7	85
Sugar-----	50	50	50	150	150	100	0	0	0	0
Egg whites-----	2	3	3	8	0	0	24	25	0	50
Jelly-----	20	20	20	60	48	80	0	0	0	0
Candy-----	20	20	20	60	60	100	0	0	0	0
Total grams-----					478		104		33	

Low Fat—Low Cholesterol

(C 1,120; P 268; F 540; total 1,928)

Vegetables, 3%-----		200	200	400	12	3	4	1	0	0
Fruits, 10%-----	100			100	10	10	1	1	0	0
Vegetables or fruits, 25%-----		100	100	200	50	25	2	1	0	0
Vegetables or fruits, 20%-----		100	100	200	40	20	4	2	0	0
Cereal (dry), white-----	20			20	16	80	2	10	1	5
Bread, white-----	50	25	25	100	53	53	9	9	2	2
Cream, 20%-----	15		15	30	24	5	0	3	0	20
Milk (skim)-----	200	200	200	600	30	5	18	3	6	1
Egg whites-----	2			2	0	0	12	6	12	6
Meat (lean)-----		60		60	0	0	15	25	9	15
Nucoa-----	10	15	10	35	0	0	0	0	29.7	85
Fruit juice, 10%-----	100	100	100	300	30	10	0	0	0	0
Sugar-----	15			15	15	100	0	0	0	0
Jelly-----	15	15		30	24	80	0	0	0	0
Total grams-----					280		67		60	

SUGGESTIONS FOR LOW CHOLESTEROL DIET

Egg Whites

Egg whites may be hard cooked and used in salads or scalloped dishes, or may be combined with foods in desserts such as sherbets, or prune whip. Gelatin may be used as desired.

Egg whites beaten into mashed potatoes or squash or turnips.

Scalloped spinach—egg whites, bread crumbs.

Scalloped potatoes using 1 cup of skim milk, 1 teaspoon vegetable fat.

Macaroni and tomato casserole with the whites of 1 hard cooked egg.

Cooked sweet potato mashed with skim milk. Top with 1 egg white beaten stiff, and brown in the oven.

Salads

Cottage cheese, tomato, cucumber and radish.

Cottage cheese, lettuce and jelly.

Prunes stuffed with cottage cheese surrounded with sliced peaches.

Cottage cheese with chopped olives.

Celery stuffed with cottage cheese.

Cottage cheese mixed with raisins.

Cottage cheese and cucumber.

Cottage cheese and strawberries.

Sliced orange and cocoanut salad.

Desserts

Sherbets and water ices.

Meringue with fruit.

Baked pear, cover with meringue and brown.

Baked prune, apricot, or peach whip using egg whites.

Angel food cake.

Rice pudding—rice baked in skim milk, add fruit and fold in egg whites.

Fruit tapioca with egg white.

Blanc-mange, made with skim milk; fold in egg white and serve with raspberries, loganberries, strawberries, or dates.

Candy—fondant, divinity and penoche made with skim milk and vegetable fat.

BLAND DIET

(Approximately 2,500 calories)

DAILY ALLOWANCES

Beverages

Three cups:

Cocoa

Coffee—weak

Kaffee Hag

Postum

Sanka

Tea—weak

Breads

Three slices:

Crackers—plain or toasted white

Toast—plain or melba Zweiback

Butter

Four squares

Cereals

One serving:

Cream of Wheat

Farina

Oatmeal (strained)

Puffed Rice

Puffed Wheat

Ralston

Rice Krispies

Wheatena

Cream

One-half cupful:

Plain or whipped.

Desserts

Two average portions:

Angel food cake

Blanc mange

Caramel custard

Charlotte russe

Chocolate creams

Chocolate puddings

Cookies, hard, white

Cornstarch pudding

Custards

Floating Island

Gelatin desserts without fruit or nuts

Ice creams and ices without fruit or nuts

Jello

Junkets

Prune whip

Rice pudding, plain or chocolate

Sherbets

Sponge cake

Tapioca pudding without nuts

Eggs

Two:

Any style except fried or scrambled in grease

Substitute for one egg:

Two tablespoonfuls of cottage cheese

One-inch cube of American cheese

Three strips of crisp bacon

Six oysters

One ounce of meat

Fruits

Three servings:

Apples, baked or sauce
Apricots
Bananas, ripe
Cherries, white
Grapefruit
Lemons
Orange juice (strained)—at least
 $\frac{1}{3}$ glass each day

Peaches
Pears
Pineapple juice
Prunes, sieved
(Cook all fruits without seeds or
skins except banana, grapefruit,
or orange)

Meats, Fish or Fowl

Two servings, each $2\frac{1}{2}$ ounces:

Beef
Chicken, baked, white meat
Fish, baked
Game
Lamb chops, broiled
Lamb, leg, lean, roasted

Liver, calves
Oysters
Sweetbreads
Veal, lean, roasted
(Bacon, two to three strips, two
or three times a week)

Milk

Two to three glasses:

Whole, skimmed, or buttermilk

Potatoes

One or two servings:

White or sweet
Potatoes substitutes:
 Beans, lima, sieved
 Corn, sieved
 Hominy

Macaroni
Noodles
Rice, boiled
Spaghetti

Soups

One cup:

Clear broth, Creamed, Vegetable purée

Sugars

As desired:

Candy
Dextrose
Honey
Jam

Jelly
Marmalade
Molasses
Sucrose

Vegetables

Three servings:

Asparagus
Beans, lima, string
Beets
Carrots
Spinach

Squash, winter, summer
Swiss chard
Tomatoes
(Thoroughly boil and purée all
vegetables)

General Instructions

Avoid:

1. Stimulants such as strong coffee and tea.
2. Raw fruits and vegetables except those indicated.
3. Foods containing coarse fibers, seeds, or skins.
4. Coarse-fiber meats.
5. Fried foods, rich desserts, and pastries.
6. Condiments, such as mustard, pepper, horseradish, catsup, and other highly seasoned sauces and relishes.
7. Too hot or too cold liquids.

ANTI-CONSTIPATION DIET

(Daily allowance approximately 2,500 calories)

Beverages

Three cups:

Caffeinless coffee
Cocoa
Coffee

Fruit juices
Soft drinks
Tea

Bread

Three slices:

Fine graham
Rye
Whole wheat

White
Crackers, white, graham, or
others

Butter

Four squares

Cereals

One serving:

With or without bran

Cream

One-half cupful

Desserts

Two servings:

Bland

Fruit, best

Eggs

Two:

Any style

Substitutes for 1 egg:

Two tablespoonfuls of cottage
cheese

One-inch cube of American cheese

Three strips of crisp bacon

Six oysters

One ounce of meat

Fruits

Four to five servings:

Apples
Apricots
Bananas
Blueberries
Cantaloupe
Cherries
Cranberries
Currants
Dates
Figs
Gooseberries
Grapefruit
Grapes
Huckleberries

Lemons
Loganberries
Melons
Oranges
Peaches
Pears
Pineapple
Plums
Prunes
Raisins
Raspberries
Rhubarb
Strawberries
Watermelon

(If patient has much gas, avoid raw apples, grapes, and melons)

Meats, fish or fowl

One serving, 2½ to 3 ounces

Milk

Two glasses:

Whole, skim, or buttermilk

Potatoes

One serving:

White or sweet
Potato substitutes:
Beans, lima, sieved
Corn, sieved
Hominy

Macaroni
Noodles
Rice, boiled
Spaghetti

Soups

One cup:

Clear broth

Creamed
Vegetable

Sugars

Very moderately:

Candy
Dextrose
Honey
Jam

Jelly
Marmalade
Molasses
Sucrose

Vegetables

Three to four servings:

Artichokes	Mushrooms
Asparagus	Onions ³
Beets	Parsnips
Beet greens	Peas
Broccoli	Pumpkin
Brussels sprouts	Radishes ³
Cabbage ³	Rutabagas
Carrots	Sauerkraut ³
Cauliflower	Spinach
Celery	Squash, summer, winter
Cucumbers ³	String beans
Dandelion greens	Swiss chard
Eggplant	Tomato
Endive	Turnips
Kohlrabi ³	Watercress
Lettuce	

(One dram of agar is given at each meal until the patient is having regular bowel movements, then it is gradually decreased, and finally discontinued.)

RESIDUE-FREE DIET

Beverages

Coffee	Tea
Fruit juices, strained	No milk
Ginger ale	

Bread

Only white:	
Bread	Soda crackers
Rolls	Toast

Butter

As desired

Cereals

Only bran-free:	
Cream of Wheat	Puffed Rice
Farina	Puffed Wheat
Oatmeal, strained	Rice Krispies

Cream

As desired

³ Vegetables that tend to produce flatulence.

Desserts

Bland desserts made without milk:

Cookies
Gelatin
Jello
Rice, cooked in fruit juices

Sherbet, without pieces of fruit
Sponge cake, plain
Tapioca

Eggs

As desired:
Soft or hard cooked

Poached
Scrambled

Fruits

Only strained fresh fruit juices

Gravies

Strained, without milk

Meats and fish

Avoid meats with long coarse fibers

Salads with plain dressing

Eggs
Meat
Fish

Gelatin
Marshmallow

Soups

Clear meat broth with:

Macaroni
Noodles

Rice
Spaghetti

Sugar

As desired:

Candy
Dextrose
Honey
Jam

Jelly
Marmalade
Molasses

Vegetables

None

LOW RESIDUE DIET

Beverages

Cocoa
Coffee
Fruit juices, strained

Ginger ale
Tea

Breads

White
Rye
Biscuits

Rolls
Soda crackers

Butter

As desired

Cereals

Any fine cereal except those containing bran

Cheese

Cottage with cream or small amounts of finely divided milk cheese

Cream

As desired

Desserts

Bavarian cream
Cake, plain
Cookies, plain
Cornstarch pudding
Custard
Gelatin
Ice cream

Jello
Prune whip
Purée of fruits allowed
Rice pudding, no raisins
Sherbet
Sponge cake
Tapioca pudding

Eggs

Soft or hard cooked
Poached

Scrambled

Fruits

Apple, baked, without skin
Applesauce
Apricots, puréed, stewed
Bananas, very ripe
Fruit juices, fresh, strained

Orange juice, liberal amounts
Peaches
Pears
Tomato juice, liberal amounts
No coarse fruits such as pineapple

Gravies

Strained

Meats and fish

Avoid meats with long coarse fibers. Use liver, bacon, and sweetbreads as desired.

Milk

Cooked only in desserts and soups

Potatoes

As desired, except fried

Salads, with plain dressing

Cheese

Eggs

Fish

Fruits

Gelatin

Meat

Vegetables, puréed

Soups

Creamed or meat broth with:

Macaroni

Noodles

Rice

Spaghetti

Vegetables, puréed

Sugars

As desired:

Candy

Dextrose

Honey

Jam

Jelly

Marmalade

Molasses

Vegetables

Asparagus, puréed

Beets

Carrots

Lima beans

Lettuce, shredded, cut very fine

String beans

Spinach

Squash

Tomatoes

Omit coarse vegetables such as Brussels sprouts, cabbage and cauliflower.

DIET FOR CHRONIC ULCERATIVE COLITIS

(Protein: 60 grams; calories: 2,000)

First and second days

Breakfast

Cereal,⁴ bland, 1 serving
Cream, $\frac{1}{2}$ cup
Bacon, 2 strips
Egg, 1
Toast, 1 slice
Butter, 2 squares
Coffee, if desired
Brewer's yeast

Dinner

Meat soup without vegetables
Meat, 1 serving (liver three times a week)
Potato, 1 medium sized
Gravy, if desired

Dinner—Continued

Bread, white or rye, 1 slice
Bland desserts,⁵ not fruits, 1 serving
Cream, 2 tablespoons
Tea, if desired.

Supper

Steamed rice, macaroni or spaghetti, 1 serving
Meat or fish, 1 serving, or 2 eggs
Bread, white or rye, 1 slice
Butter, 2 squares
Bland desserts,⁵ not fruit, 1 serving
Cream, 2 tablespoons
Tea, if desired

Additions to the foundation diet are made as rapidly as the patient's condition permits, usually every 2 days. Finally the foundation diet with the nine additions constitutes the full diet containing 80 gm. of protein and 3,000 calories. Jelly or jam without seeds may be served, if desired. Beverages should not be iced. The patient is instructed to eat ice cream slowly. Condiments such as mustard, horseradish, catsup, vinegar, and highly seasoned sauces or relishes should be avoided. Food is not given between meals.

ORDER OF ADDITIONS

Third and fourth days:

Add one very ripe banana.

Fifth and sixth days:

Orange juice, $\frac{1}{2}$ glass.

Seventh and eighth days:

Vegetable purée, 2 tablespoons.

Ninth and tenth days:

Milk in form of cream soup or milk toast.

Eleventh and twelfth days:

Whole milk, 2 glasses.

Thirteenth and fourteenth days:

Cream, 1 glass, added to milk so that patient receives 2 glasses containing half milk and half cream.

⁴ Cream of Wheat, Farina, puffed rice, puffed wheat, corn flakes, Rice Krispies, and strained oatmeal.

⁵ Custards, cornstarch puddings, junkets, gelatin desserts made without nuts or fruit, plain rice puddings, simple cakes and cookies, and plain ice cream.

Fifteenth and sixteenth days:

Bland fruit, canned or cooked peaches, apricots, pears, strained apple sauce, baked apple without skin, 1 serving.

Seventeenth and eighteenth days:

Tomato juice, $\frac{1}{2}$ glass.

Nineteenth and twentieth days:

Whole cooked vegetables, 2 servings (purée omitted), including, as desired: Asparagus, beets, spinach, squash, string beans, very fine green lettuce with plain mayonnaise or cooked dressing, and young tender carrots.

TYPHOID NONMILK DIET

- | | |
|------|--|
| 0700 | Strained orange juice or sieved stewed fruit
Strained cereal
Sugar
Coffee with sugar |
| 0900 | Egg—soft boiled, creamy scrambled, poached, or coddled
Toast with butter |
| 1100 | Fruit juice
Sugar—2 teaspoons.
Crackers |
| 1400 | Strained soup
Crackers
Mashed, baked, or creamed potato
Butter
Tea with sugar |
| 1600 | Egg—prepared as at 0900
Toast with butter
Fruit juice |
| 1800 | Minced chicken, lamb, or scraped beef
Creamed spaghetti or macaroni
Puréed vegetable (nongaseous)
Tapioca or rice pudding made with water
Tea with sugar |
| 2000 | Fruit juice, 1 glass
Crackers |

REDUCING DIETS

QUANTITATIVE DIETS

Rigid Reducing No. 1

(C 176; P 252; F 153; total 581)

Food	Grams at:			Total	Grams					
	0700	1200	1800		Carb.		Prot.		Fats	
					Gm.	%	Gm.	%	Gm.	%
Vegetables, 3 %-----		150	150	300	9	3	3	1	0	0
Fruits, 10% (juice)----	100			100	10	10	0	1	0	0
Vegetables or fruit, 20%-----						20		2		0
Cereal (dry)-----						80		10		5
Bread-----	10			10	5.3	53	.9	9	.2	2
Cream, 20%-----						5		3		20
Milk (skim)-----			200	200	10	5	6	3	2	1
Egg-----	1			1	0	0	6	6	6	6
Meat (lean)-----		90	90	180	0	0	45	25	9	5
Butter-----						0	0	0	0	85
Fruits, 5 percent-----		100	100	200	10	5	2	1	0	0
Total grams-----					44		63		17	

Rigid Reducing No. 2

(C 180; P 260; F 153; total 593)

Vegetables, 3%-----	-----	200	200	400	12	3	4	1	0	0
Fruits, 5%-----	100	-----	100	200	10	5	2	1	0	0
Fruits, 10%-----	-----	75	-----	75	7.5	10	.75	1	0	0
Vegetables or fruits, 20%-----	-----	-----	-----	-----	-----	20	-----	2	-----	0
Cereal (dry)-----	-----	-----	-----	-----	-----	80	-----	10	-----	5
Bread-----	10	-----	-----	10	5.3	53	.9	9	.2	2
Cream 20%-----	-----	-----	-----	-----	-----	5	-----	3	-----	20
Milk (skim)-----	-----	-----	200	200	10	5	6	3	2	1
Egg-----	1	-----	-----	1	0	0	6	6	6	6
Meat (lean)-----	-----	90	90	180	0	0	45	25	9	5
Butter-----	-----	-----	-----	-----	-----	0	-----	0	-----	85
Total grams-----	-----	-----	-----	-----	45	-----	65	-----	17	-----

See footnotes, p. 55.

QUANTITATIVE DIETS—Continued

Rigid Reducing No. 3

(C 196; P 252; F 153; total 601)

Food	Grams at:			Total	Grams					
	0700	1200	1800		Carb.		Prot.		Fats	
					Gm.	%	Gm.	%	Gm.	%
Vegetables, 3%-----		150	150	300	9	3	3	1	0	0
Fruits, 10%-----	100	75	75	250	25	10	2.5	1	0	0
Vegetables or fruits, 20%-----						20		2		0
Cereal (dry)-----						80		10		5
Bread-----	10			10	5.3	53	.9	9	.2	2
Cream, 20%-----						5		3		20
Milk (skim)-----		200		200	10	5	6	3	2	1
Egg-----	1			1	0	0	6	6	6	6
Meat (lean)-----		90	90	180	0	0	45	25	9	5
Total grams-----					49		63		17	

Reducing

(C 284; P 256; F 513; total 1,053)

Vegetables, 3%-----	-----	200	200	400	12	3	4	1	0	0
Fruits, 10%-----	100	100	100	300	30	10	3	1	0	0
Vegetables or fruits, 20%-----	-----	-----	-----	-----	-----	20	-----	2	-----	0
Cereal (dry)-----	-----	-----	-----	-----	-----	80	-----	10	-----	5
Bread-----	15	-----	-----	15	7.9	53	1.4	9	.3	2
Cream 20%-----	15	-----	-----	15	.75	5	.45	3	.3	20
Milk (skim)-----	-----	200	200	400	20	5	12	3	4	1
Egg-----	1	-----	-----	1	0	0	6	6	6	6
Meat (lean)-----	-----	90	60	150	0	0	37.5	25	22.5	15
Butter-----	5	5	5	15	0	0	0	0	12.7	85
Mayonnaise made with salad oil-----	-----	5	5	10	0	0	0	0	8.5	85
Total grams-----	-----	-----	-----	-----	71	-----	64	-----	57	-----

See footnotes, p. 55.

QUANTITATIVE DIETS—Continued

Reducing No. 3

(C 468; P 264; F 540; total 1,272)

Food	Grams at:			Total	Grams					
	0700	1200	1800		Carb.		Prot.		Fats	
					Gm.	%	Gm.	%	Gm.	%
Vegetables, 3%-----	100	200	200	400	12	3	4	1	0	0
Fruits 10%-----				100	10	10	1	1	0	0
Vegetables or fruits, 25%-----		100	100	200	50	25	2	1	0	0
Cereal (dry)-----						80		10		5
Butter-----	5	5	5	15	0	0	0	0	12.75	85
Bread-----	15	15	15	45	23.9	53	4.0	9	.9	2
Cream 20%-----	15			15	.75	5	.45	3	3	20
Milk (skim)-----		200	200	400	20	5	12	3	4	1
Bacon-----	10			10	0	0	2.5	25	5	50
Egg-----	1			1	0	0	6	6	6	6
Meat (lean)-----		75	60	135	0	0	33.8	25	20	15
Mayonnaise made with salad oil-----		5	5	10	0	0	0	0	8.5	85
Total grams-----					117		66		60	

Reducing No. 4

(C 532; P 260; F 738; total 1,530)

Vegetables, 3%-----		200	200	400	12	3	4	1	0	0
Fruits, 10%-----	100			100	10	10	1	1	0	0
Vegetables or fruits, 25%-----		100	100	200	50	25	2	1	0	0
Cereal (dry)-----						80		10		5
Bread-----	25	25	25	75	39.8	53	6.8	9	1.5	2
Cream, 20%-----	30			30	1.5	5	.9	3	6	20
Milk-----		200	200	400	20	5	12	3	16	4
Bacon-----	10			10	0	0	2.5	25	5	50
Egg-----	1			1	0	0	6	6	6	6
Meat (lean)-----		60	60	120	0	0	30	25	18	15
Butter-----	5	10	10	25	0	0	0	0	21.2	85
Mayonnaise made with salad oil-----		5	5	10	0	0	0	0	8.5	85
Total grams-----					133		65		82	

Full vitamin supplements must be added to diets containing less than basal calories.

A convenient method of calculating weight loss is to estimate the daily caloric requirement and deduct the number of calories in the diet allowed per day. The difference is the daily caloric deficit. This figure multiplied by 0.002 is the estimated weight loss in pounds per week.

Weigh meat after it is cooked.

QUALITATIVE REDUCING DIET—1,000 CALORIES ^{6 7}

1. Sugar, or any food containing sugar such as candy, jelly, marmalade, sirup, molasses, and honey, should not be used. Saccharine may be used for sweetening if desired.

2. Cake, puddings, waffles, soft drinks, ice cream, or similar foods rich in starch or sugar, should not be given.

3. Two average-size slices of bread may be given daily. Gluten bread, graham bread, brown bread, rye bread, and corn bread may contain as much sugar-forming material as white bread and cannot be used any more safely.

4. One average serving daily of foods in the following group is permitted:

Bananas	Grapes	Peas
Beans, kidney, lima	Macaroni	Plums
Cereal	Noodles	Potatoes
Corn	Parsnips	Rice

5. Three servings of fresh fruit or fruit canned without sugar may be given each day. The fruits in Group 2 have more sugar than the fruits in Group 1 and must be used with caution. Do not use dried fruits or fruits preserved with sugar.

Group 1

Fresh fruits:

Blackberries	Honeydew melon	Pineapples
Cantaloupe	Lemon	Strawberries
Cranberries	Oranges	Watermelon
Gooseberries	Papayas	
Grapefruit	Peaches	

Fruits canned without sugar:

Apples	Grapefruit	Pears
Apricots	Grapes, white	Pineapple
Blackberries	Loganberries	Raspberries
Cherries, red, black, and white	Peaches	Strawberries

Group 2

Fresh fruits:

Apples	Currants	Nectarines
Apricots	Guava	Pears
Blueberries	Huckleberries	Raspberries
Cherries		

⁶ The qualitative 1,000-calorie diet is one of the most satisfactory of the reducing diets in case of instructing the patient, variability and palatability of the menus, and the obtaining of a satisfactory weight loss.

⁷ Full vitamin supplements must be added to all reducing diets.

6. Vegetables, except those mentioned in Group 2, may be given in liberal quantities. The vegetables in Group 2 have more sugar than those in Group 1.

Group 1

Asparagus	Eggplant	Sauerkraut
Beet greens	Endive	Sea kale
Broccoli	Green pepper	Spinach
Brussels sprouts	Lettuce	String beans
Cabbage	Mushrooms	Summer squash
Cauliflower	Mustard greens	Swiss chard
Celery	Okra	Tomatoes
Cucumbers	Radishes	Watercress
Dandelion greens		

Group 2

Beets	Leeks	Rutabagas
Carrots	Onions	Squash
Kohlrabi	Pumpkin	Turnips

7. Two servings of meat and eggs are permitted. For breakfast one egg may be served; for dinner and for supper, a small serving of meat or fish, or two eggs.

8. One and one-half glasses of skim milk are permitted each day.

9. Cream, one tablespoonful each day, is permitted.

10. Butter, $1\frac{1}{2}$ squares daily, may be used.

11. One cup of coffee or tea may be served with each meal. It may be sweetened with saccharine if desired.

12. Condiments such as salt, pepper, spices, and vinegar may be used in reasonable amounts.

Sample Menu -

Breakfast

Orange

Egg

Toast ($\frac{1}{2}$ slice) Butter ($\frac{1}{2}$ square)

Coffee with 1 tablespoon cream

$\frac{1}{2}$ glass of skim milk

Lunch

Meat or fish, small serving

or

Eggs, 2

Vegetables,* 1 or 2 servings

Bread ($\frac{1}{2}$ slice) Butter ($\frac{1}{2}$ square)

Fruit*

Tea or coffee

$\frac{1}{2}$ glass of skim milk

Dinner

Broth

Meat or fish, average

Potato, 1 small size

Vegetables,* 2 or 3 servings

Bread (1 slice) Butter ($\frac{1}{2}$ square)

Fruit*

$\frac{1}{2}$ glass of skim milk

Tea or coffee

*Fruits and vegetables must be chosen from permitted list.

VARIATIONS OF 1,000-CALORIE DIET

Breakfast

½ grapefruit
Soft cooked egg
1 slice whole wheat toast
½ pat butter
1 ounce cream

Orange slices
Poached egg
1 slice whole wheat toast
½ pat butter
1 ounce cream
Coffee

Orange juice
Scrambled egg
1 slice whole wheat toast
½ pat butter
1 ounce cream
Coffee

½ grapefruit
3 strips crisp bacon
1 slice whole wheat toast
½ pat butter
1 ounce cream
Coffee

Dinner

Tomato juice
Broiled chicken
Summer squash
Beets
Orange sherbet
½ slice whole wheat bread
½ pat butter
Tea

Bouillon
Roast tenderloin
Peas
Cole slaw
½ slice whole wheat bread
½ pat butter
1 glass skim milk
Sugar-free peaches

Tomato bouillon
Roast veal
Baked squash
Wax beans
Head lettuce with lemon
Sugar-free applesauce
½ slice whole wheat bread
½ pat butter
1 glass skim milk

Bouillon
Roast lamb
Spinach with vinegar
Stewed tomatoes
Sugar-free peach and
cream cheese salad
½ slice whole wheat bread
½ pat butter
1 glass skim milk

Supper

1 lamb chop
Green beans
Spinach
Carrot and cottage cheese
salad
½ slice whole wheat bread
½ pat butter
1 glass skim milk

Tomato juice
Lean broiled ham
Asparagus
Beets
Sugar-free pineapple salad
with cream cheese
Orange and grapefruit cup
½ slice whole wheat bread
½ pat butter
1 glass skim milk

Cottage cheese and dev-
iled egg
Wax beans
Peas
Sliced tomato salad
Sugar-free apricots
½ slice whole wheat bread
½ pat butter
1 glass skim milk

Skim milk celery soup
Small steak
Carrots
Green beans
Cabbage and green pep-
per salad
Sugar-free pineapple
½ slice whole wheat bread
½ pat butter
Tea

<i>Breakfast</i>	<i>Dinner</i>	<i>Supper</i>
Orange halves	Consommé	Lean Canadian bacon
Soft cooked egg	Veal cutlet	Green beans
1 slice whole wheat toast	Asparagus	Stewed tomatoes
$\frac{1}{2}$ pat butter	Boiled cabbage	Celery hearts
1 ounce cream	Grapefruit and pimienta	Sugar-free baked apple
Coffee	salad	$\frac{1}{2}$ slice whole wheat bread
	Sugar-free peaches	$\frac{1}{2}$ pat butter
	$\frac{1}{2}$ slice whole wheat bread	1 glass skim milk
	$\frac{1}{2}$ pat butter	
	1 glass skim milk	
<hr/>		
$\frac{1}{2}$ grapefruit	Skim milk	Tomato juice
Poached egg	Broiled lake trout	Cold salmon
1 slice whole wheat toast	Baked squash	Green beans
1 ounce cream	Spinach with lemon	Beets
$\frac{1}{2}$ pat butter	Orange salad	Sliced tomato and lettuce
Coffee	Sugar-free cherries	Sugar-free fruit cup
	$\frac{1}{2}$ slice whole wheat bread	$\frac{1}{2}$ slice whole wheat bread
	$\frac{1}{2}$ pat butter	$\frac{1}{2}$ pat butter
	Tea	1 glass skim milk
<hr/>		
Orange juice	Broth	Broiled lamb chop with
Scrambled egg	Roast beef	tomato ring
1 slice whole wheat toast	Boiled cabbage	Spinach with vinegar
$\frac{1}{2}$ pat butter	Carrots	Cauliflower
1 ounce cream	Headlettuce with lemon	Sugar-free peach and cot-
Coffee	Sugar-free pineapple	tage cheese salad
	$\frac{1}{2}$ slice whole wheat bread	Orange and grapefruit cup
	$\frac{1}{2}$ pat butter	$\frac{1}{2}$ slice whole wheat bread
	1 glass skim milk	$\frac{1}{2}$ pat butter
		1 glass skim milk

MEAT, FISH, AND FOWL ALLOWED ON REDUCING DIETS

Beef, dried	Halibut	Pike
Beef tenderloin	Ham	Roundsteak
Black bass	Lamb	Scallops
Brook trout	Liver	Shrimp
Chicken	Lobster	Sweetbreads
Cod steak	Oysters	Tuna fish
Crab	Perch	Turkey
Haddock	Pickering	Veal
Haddock, smoked		

All fat should be removed from meat before cooking. Meats may be boiled, broiled, baked, or roasted.

Mineral oil may be used in frying meat, fish, or fowl.

Weigh meat after it is cooked.

QUALITATIVE REDUCING DIET—1,200 CALORIES

1. Sugar, or any food made with sugar such as candy, jelly, marmalade, syrup, molasses, and honey should not be used; saccharin may be used for sweetening if desired.

2. Cake, pie, puddings, waffles, soft drinks, ice cream, or similar foods rich in starch or sugar should not be given.

3. Two average-size slices of bread may be served daily. Gluten bread, graham bread, brown bread, rye bread, and corn bread may contain as much sugar-forming material as white bread and cannot be used any more safely.

4. One average serving daily of foods in the following group is permitted:

Bananas	Grapes	Peas
Beans, kidney, lima	Macaroni	Plums
Cereal	Noodles	Potatoes
Corn	Parsnips	Rice

5. Three servings daily of fresh fruit or fruit canned without sugar are permitted. The fruits in Group 2 have more sugar than the fruits in Group 1 and must be used with caution. Do not allow dried fruit or fruit preserved with sugar.

Group 1

Fresh fruits:

Blackberries	Honeydew melon	Peaches
Cantaloupe	Lemon	Pineapple
Cranberries	Oranges	Strawberries
Gooseberries	Papayas	Watermelon
Grapefruit		

Fruits canned without sugar:

Apples	Grapefruit	Pears
Apricots	Grapes, white	Pineapple
Blackberries	Loganberries	Raspberries
Cherries, red, black, and white	Peaches	Strawberries

Group 2

Fresh fruits:

Apples	Currants	Nectarines
Apricots	Guava	Pears
Blueberries	Huckleberries	Raspberries
Cherries		

6. Vegetables, except those mentioned in Group 2, may be used in liberal quantities. The vegetables in Group 2 have more sugar than the vegetables in Group 1.

Group 1

Asparagus	Eggplant	Sea kale
Beet greens	Endive	Spinach
Broccoli	Green pepper	String beans
Brussels sprouts	Lettuce	Summer squash
Cabbage	Mushrooms	Swiss chard
Cauliflower	Mustard greens	Tomato
Celery	Okra	Watercress
Cucumbers	Radishes	
Dandelion greens	Sauerkraut	

Group 2

Beets	Leeks	Rutabagas
Carrots	Onions	Squash
Kohlrabi	Pumpkin	Turnips

7. Two servings of meat and 2 eggs may be given. For breakfast two eggs may be served; for dinner and for supper, a small serving of meat or fish or two eggs.

8. One and one-half glasses of skim milk are permitted each day.

9. Cream, two tablespoonfuls daily, is permitted.

10. Butter, 2½ squares daily, may be used.

11. One cup of coffee or tea may be served with each meal. It may be sweetened with saccharin if desired.

12. Condiments, such as salt, pepper, spices, and vinegar, may be used in reasonable amounts.

Sample Menu

Breakfast

Orange
2 eggs
Toast ($\frac{1}{2}$ slice) Butter (1 square)
Coffee with cream—1 tablespoonful
 $\frac{1}{2}$ glass skim milk

Lunch

Meat or fish, small serving
or
2 eggs
Vegetables,* 1 or 2 servings
Bread ($\frac{1}{2}$ slice) Butter ($\frac{1}{2}$ square)
Fruit*
1 glass of milk
Tea or coffee with 1 tablespoonful cream
 $\frac{1}{2}$ glass skim milk

Dinner

Broth
Meat or fish, average serving
Potato, 1 small size
Vegetables,* 2 or 3 servings
Bread (1 slice) Butter (1 square)
Fruit*
 $\frac{1}{2}$ glass of skim milk
Tea or coffee

* Fruits and vegetables must be chosen from permitted list.

QUALITATIVE REDUCING DIET—1,500 CALORIES

1. Do not permit sugar or any food made with sugar such as candy, jelly, marmalade, syrup, molasses, and honey. Saccharin may be used if desired for sweetening.

2. Do not use cake, pie, puddings, waffles, soft drinks, ice cream or similar foods rich in starch or sugar.

3. Three average-size slices of bread may be served daily. Gluten bread, graham bread, brown bread, rye bread, and corn bread may contain as much sugar-forming material as white bread and cannot be used any more safely.

4. Average servings daily of foods in the following group are permitted:

Bananas	Grapes	Peas
Beans, kidney, lima	Macaroni	Plums
Cereal	Noodles	Potatoes
Corn	Parsnips	Rice

5. Three servings daily of fresh fruit or fruit canned without sugar are permitted. The fruits in Group 2 have more sugar than the fruits in Group 1 and must be used with caution. Do not use dried fruit or fruit preserved with sugar.

Group 1

Fresh fruits:

Blackberries	Honeydew melon	Peaches
Cantaloupe	Lemons	Pineapple
Cranberries	Oranges	Strawberries
Gooseberries	Papayas	Watermelon
Grapefruit		

Fruits canned without sugar:

Apples	Grapefruit	Pears
Apricots	Grapes, white	Pineapple
Blackberries	Loganberries	Raspberries
Cherries—red, black, and white	Peaches	Strawberries

Group 2

Fresh fruits:

Apples	Currants	Nectarines
Apricots	Guava	Pears
Blueberries	Huckleberries	Raspberries
Cherries		

6. Vegetables, except those mentioned in Group 2, may be served in liberal quantities. The vegetables in Group 2 have more sugar than the vegetables in Group 1.

Group 1

Asparagus	Dandelion greens	Sauerkraut
Beet greens	Endive	Sea kale
Broccoli	Green peppers	Spinach
Brussels sprouts	Lettuce	String beans
Cabbage	Mustard greens	Summer squash
Cauliflower	Okra	Swiss chard
Celery	Mushrooms	Tomato
Cucumbers	Radishes	Watercress
Eggplant		

Group 2

Beets	Leeks	Rutabagas
Carrots	Onions	Squash
Kolhrabi	Pumpkin	Turnips

7. Two servings of meat and two eggs may be given. For breakfast one egg may be served; for dinner and for supper, a small serving of meat or fish or two eggs.

8. Two glasses of milk are permitted each day.

9. Cream, 2 tablespoonfuls each day, is permitted.

10. Butter, 3 squares daily, may be used.

11. One cup of coffee or tea may be served with each meal. Sweeten with saccharin if desired.

12. Condiments such as salt, pepper, spices, and vinegar, may be used in reasonable amounts.

Sample Menu

Breakfast

Orange
2 eggs
Toast (1 slice) Butter (1 square)
Coffee with 1 tablespoonful cream

Lunch

Meat or fish, small serving
or
2 eggs
Vegetables,* 1 or 2 servings
Bread (1 slice) Butter (1 square)
Fruit*
1 glass of milk
Tea or coffee with 1 tablespoonful cream

Dinner

Broth
Meat or fish, average serving
Potato, 1 small size
Vegetables,* 2 or 3 servings
Bread (1 slice) Butter (1 square)
Fruit*
1 glass of milk
Tea or coffee

*Fruits and vegetables must be chosen from permitted list

QUALITATIVE REDUCING DIET—2,000 CALORIES

1. Sugar or any food made with sugar such as candy, jelly, marmalade, syrup, molasses, and honey should not be used. Saccharin may be used if desired for sweetening.

2. Do not serve cake, pie, puddings, waffles, soft drinks, ice cream, or similar foods rich in starch or sugar.

3. Three average-size slices of bread are permitted daily. Gluten bread, graham bread, brown bread, rye bread, and corn bread may contain as much sugar-forming material as white bread and cannot be used any more safely.

4. Average servings daily of foods in the following group are permitted:

Beans, kidney, lima	Grapes	Peas
Bananas	Macaroni	Plums
Cereal	Noodles	Potatoes
Corn	Parsnips	Rice

5. Three servings of fresh fruit or fruit canned without sugar may be given. The fruits in Group 2 have more sugar than the fruits in Group 1 and must be used with caution. Do not use dried fruit or fruit preserved with sugar.

Group 1

Fresh fruits:

Blackberries	Honeydew melon	Peaches
Cantaloupe	Lemons	Pineapple
Cranberries	Oranges	Strawberries
Gooseberries	Papayas	Watermelon
Grapefruit		

Fruits canned without sugar:

Apples	Grapefruit	Pears
Apricots	Grapes, white	Pineapple
Blackberries	Loganberries	Raspberries
Cherries, red, black, and white	Peaches	Strawberries

Group 2

Fresh fruits:

Apples	Currants	Nectarines
Apricots	Guava	Pears
Blueberries	Huckleberries	Raspberries
Cherries		

6. Vegetables, except those mentioned in Group 2, may be used in liberal quantities. The vegetables in Group 2 have more sugar than those in Group 1.

Group 1

Asparagus	Eggplant	Sauerkraut
Beet greens	Endive	Sea kale
Broccoli	Green pepper	Spinach
Brussels sprouts	Lettuce	String beans
Cabbage	Mushrooms	Summer squash
Cauliflower	Mustard greens	Swiss chard
Celery	Okra	Tomatoes
Cucumbers	Radishes	Watercress
Dandelion greens		

Group 2

Beets	Leeks	Rutabagas
Carrots	Onions	Squash
Kohlrabi	Pumpkin	Turnips

7. Two servings of meat and eggs in moderation are permitted. For breakfast bacon may be used—two strips, with one egg; for dinner and for supper, a small serving of meat or fish or two eggs.

8. One glass of milk may be taken each day.

9. Cream— $\frac{1}{2}$ glass each day is permitted unless the patient is overweight.

10. Fats, including $5\frac{1}{2}$ pats of butter, oleomargarine, bacon fat, mayonnaise (one ounce), olive oil, or other salad oil may be given.

11. Coffee or tea in moderation may be given with each meal. Sweeten with saccharin if desired.

12. Condiments, such as salt, pepper, spices, and vinegar, may be used in reasonable amounts.

Sample Menu

Breakfast

Orange

2 strips bacon 1 egg

Toast (1 slice) Butter (1 square)

Coffee with cream

Lunch

Meat or fish, small serving

or

2 eggs

Vegetables,* 1 or 2 servings

Bread (1 slice) Butter (2½ squares)

Fruit*

Tea or coffee with cream

Dinner

Broth

Meat or fish, average serving

Potato, 1 small-size

Vegetables,* 2 or 3 servings

Vegetable salad with oil dressing

Bread (1 slice) Butter (2 squares)

Fruit*

Tea or coffee with cream

Milk, 1 glass

Cream, ½ glass divided among the three meals

*Fruits and vegetables must be chosen from permitted list.

DIETS IN CARDIOVASCULAR RENAL DISEASE

QUALITATIVE CARDIAC DIETS

Karell Diet

Whole or skim milk, 200 cc. 4 times a day at 0800, 1200, 1600, 2000 plus the minimum amount of water or cracked ice to quench thirst. This diet is inadequate in calories and in almost all of the food elements.

Modified Karell Diet

Breakfast

Bread	$\frac{1}{2}$ slice	Fruit 10%	100 grams
Butter (unsalted)	$\frac{1}{2}$ pat	Sugar	5 grams
Egg	1		

Luncheon

Bread	$\frac{1}{2}$ slice	Cream Soup	150 cc.
Butter (unsalted)	$\frac{1}{2}$ pat		

Dinner

Bread	$\frac{1}{2}$ slice	Egg	1
Butter (unsalted)	1 pat	Milk	1 glass

Light Diet

Breakfast

Bread (toast)	1 slice	Milk	30 cc.
Butter (unsalted)	1 pat	Sugar	$\frac{1}{2}$ lump
Egg	1	Tea	$\frac{1}{2}$ cup

Dinner

Chopped meat or fish	small serving
Potato (baked)	1 small
Vegetable (bland) 3 or 6%	small serving

Supper

Custard or pudding	small serving
Minced meat or fish	small serving
Potato	1 small serving

Add cereals, cream, fruit juices, ice cream, jellies, and puréed vegetables as tolerated.

NOTE: Total intake of fluids (coffee, fruit juices, milk, soup, water) not to exceed limit of physician's order.

QUANTITATIVE DIETS

Cardiac No. 1

(C 436; P 220; F 423; total 1,079)

Food	Grams at:			To- tal	Grams					
	0700	1200	1800		Carb.		Prot.		Fats	
					Gm.	%	Gm.	%	Gm.	%
Vegetables, 3%-----		100	100	200	6	3	2	1	0	0
Vegetables, 6%-----		100	100	200	12	6	2	1	0	0
Fruits, 10%-----	100	100	100	300	30	10	3	1	0	0
Cereal (dry)-----	15			15	12	80	1.5	10	7.5	5
Bread-----	15	15	15	45	23.9	53	4.0	9	.9	2
Cream, 20%-----						5		3		20
Milk (skim)-----	100	200	200	500	25	5	15	3	5	1
Egg-----	1		1	2	0	0	12	6	12	6
Meat (lean)-----		60		60	0	0	15	25	0	15
Butter-----	5	5	5	15	0	0	0	0	12.7	85
Total grams-----					109		55		47	

Cardiac No. 2

(C 700; P 224; F 909; total 1,833)

Vegetables, 3%-----		100	100	200	6	3	2	1	0	0
Vegetables, 6%-----		100	100	200	12	6	2	1	0	0
Fruits, 10%-----	100	100	100	300	30	10	3	1	0	0
Vegetables or fruits, 20%-----		100	100	200	40	20	4	2	0	0
Cereal (dry)-----	20			20	16	80	2	10	1	5
Bread-----	30	30	30	90	47.7	53	8.1	9	1.8	2
Cream, 20%-----	60			60	3	5	1.8	3	12	20
Milk-----		200	200	400	20	5	12	3	16	4
Egg-----	1			1	0	0	6	6	6	6
Meat (lean)-----		60		60	0	0	15	25	9	15
Butter-----	10	20	20	50	0	0	0	0	42.5	85
Mayonnaise made with salad oil-----		15		15	0	0	0	0	12.7	85
Total grams-----					175		56		101	

RÉSUMÉ OF DIET IN RENAL DISEASE

Aims

1. To maintain nutrition.
2. To spare the impaired kidney.
3. To prevent uremia.
4. To prevent retention of salt and water.

Acute nephritis

1. Protein—50 grams.
2. Fluids (depending upon edema)—1,000–2,500 cc.
3. Limit salt intake.

Chronic glomerular nephritis without edema

1. Protein intake normal.
2. Fluid intake normal.
3. No extra salt on tray.

Chronic glomerular nephritis with edema

1. Individualize protein intake.
2. Restrict fluids as much as possible. Inform patient to take as little liquid as possible yet still be comfortable.
3. Rigorous restriction of salt (2 grams a day).

Nephrotic stage of chronic glomerular nephritis or nephrosis

1. High protein (90 grams daily).
2. Restrict fluids as much as possible—not over 1,000 cc. daily.
3. Rigorous restriction of salt (2 grams a day).

Uremia

1. Limit protein intake—not over 50 grams a day.
2. Adequate fluid intake—about 3,000–4,000 cc. daily, including 1,000–2,000 cc., 5–10 percent dextrose intravenously.
3. No extra salt on tray.

QUANTITATIVE DIETS

Low Protein No. 1

(C 492; P 196; F 406; total 1,093)

Food	Grams at:			To- tal	Grams					
	0700	1200	1800		Carb.		Prot.		Fats	
					Gm.	%	Gm.	%	Gm.	%
Vegetables, 3 %-----		100	100	200	6	3	2	1	0	0
Vegetables, 6 %-----		100	100	200	12	6	2	1	0	0
Fruits, 10 %-----	100	100	100	300	30	10	3	1	0	0
Vegetables or fruits, 20 %-----			100	100	20	20	2	2	0	0
Cereal (dry)-----	20			20	16	80	2	10	1	5
Bread-----	10	10	10	30	16	53	2. 7	9	6	2
Cream, 20 %-----	60			60	3	5	1. 8	3	12	20
Milk (skim)-----		200	200	400	20	5	12	3	4	1
Egg-----	1			1	0	0	6	6	6	6
Meat (lean)-----		60		60	0	0	15	25	9	15
Butter-----	5	5	5	15	0	0	0	0	12. 7	85
Total grams-----					123		49		45	

Low Protein No. 2

(C 732; P 196; F 999; total 1,927)

Vegetables, 3 %-----		100	100	200	6	3	2	1	0	0
Vegetables, 6 %-----		100	100	200	12	6	2	1	0	0
Fruits, 10 %-----	100	100	100	300	30	10	3	1	0	0
Vegetables or fruits, 20 %-----		100	100	200	40	20	4	2	0	0
Cereal (dry)-----	20			20	16	80	2	10	1	5
Bread-----	20	20	20	60	32	53	5. 4	9	1. 2	2
Cream, 20 %-----	60			60	3	5	1. 8	3	12	20
Milk-----		200	200	400	20	5	12	3	16	4
Egg-----	1			1	0	0	6	6	6	6
Meat (lean)-----		45		45	0	0	11. 2	25	6. 7	15
Butter-----	10	20	20	50	0	0	0	0	43. 5	85
Mayonnaise made with salad oil-----		15	15	30	0	0	0	0	25. 5	85
Jelly-----	15		15	30	24	80	0	0	0	0
Total grams-----					183		49		111	

QUANTITATIVE DIETS—Continued

Low Protein No. 3

(C 956; P 196; F 1,224; total 2,376)

Food	Grams at:			Total	Grams					
	0700	1200	1800		Carb.		Prot.		Fats	
					Gm.	%	Gm.	%	Gm.	%
Vegetables, 3%-----		100	100	200	6	3	2	1	0	0
Vegetables, 6%-----		100	100	200	12	6	2	1	0	0
Fruits, 10%-----	100	100	100	300	30	10	3	1	0	0
Vegetables or fruits, 20%-----		100	100	200	40	20	4	2	0	0
Cereal (dry)-----	20			20	16	80	2	10	1	5
Bread-----	20	20	20	60	31.8	53	5.4	9	1.2	2
Cream, 20%-----	60			60	3	5	1.8	3	12	20
Milk-----		200	200	400	20	5	12	3	16	4
Egg-----	1			1	0	0	6	6	6	6
Meat (lean)-----		45		45	0	0	11.2	25	6.75	15
Butter-----	20	30	30	80	0	0	0	0	68	85
Mayonnaise made with salad oil-----		15	15	30	0	0	0	0	25.5	85
Jelly-----	35	30	35	100	80	80	0	0	0	0
Total grams-----					239		49		136	

Low Protein No. 4

(C 1,136; P 200; F 1,548; total 2,884)

Vegetables, 3%-----	-----	100	100	200	6	3	2	1	0	0
Vegetables, 6%-----	-----	100	100	200	12	6	2	1	0	0
Fruits, 10%-----	100	100	100	300	30	10	3	1	0	0
Vegetables or fruits, 20%-----	-----	100	100	200	40	20	4	2	0	0
Cereal (dry)-----	20	-----	-----	20	16	80	2	10	1	5
Bread-----	20	20	20	60	31.8	53	5.4	9	0	2
Cream, 40%-----	100	-----	-----	100	3	3	2	2	40	40
Milk-----	-----	200	200	400	20	5	12	3	16	4
Egg-----	1	-----	-----	1	0	0	6	6	6	6
Meat (lean)-----	-----	45	-----	45	0	0	11.2	25	6.7	15
Butter-----	20	35	35	90	0	0	0	0	76.5	85
Mayonnaise made with salad oil-----	-----	15	15	30	0	0	0	0	25.5	85
Jelly-----	35	30	35	100	80	80	0	0	0	0
Candy-----	-----	15	30	45	45	100	0	0	0	0
Total grams-----	-----	-----	-----	-----	284	-----	50	-----	172	-----

QUANTITATIVE DIETS—Continued

Low Protein—Bland

(C 1,044; P 184; F 891; total 2,119)

Food	Grams at:			To- tal	Grams					
	0700	1200	1800		Carb.		Prot.		Fats	
					Gm.	%	Gm.	%	Gm.	%
Puréed vegetables, 3%-----		50		50	2	3	5	1	0	0
Vegetables, 6%-----			50	50	3	6	.5	1	0	0
Fruits, 10%-----	60			60	6	10	.6	1	0	0
Vegetables or fruits, 25%-----	100	150	150	400	100	25	4	1	0	0
Vegetables or fruits, 20%-----		100	100	200	40	20	4	2	0	0
Cereal (dry)-----	14			14	11.2	80	1.4	10	.7	5
Bread-----	30	30	30	90	47.7	53	8.1	9	18	2
Cream, 20%-----	60	30	30	120	6	5	3.6	3	24	20
Milk (feedings)---	200	200	200	600	30	5	18	3	24	4
Egg-----	1			1	0	0	6	6	6	6
Mayonnaise made with salad oil---		10	10	20	0	0	0	0	17	85
Butter-----	10	10	10	30	0	0	0	0	25.5	85
Sugar-----	5	5	5	15	15		0	0	0	0
Total grams-----					261		47		99	

Use bland fruits and vegetables.

QUANTITATIVE DIETS—Continued

Reduced Protein No. 1

(C 880; P 224; F 873; total 1,977)

Food	Grams at:			To- tal	Grams					
	0700	1200	1800		Carb.		Prot.		Fats	
					Gm.	%	Gm.	%	Gm.	%
Vegetables, 3%-----	-----	100	100	200	6	3	2	1	0	0
Vegetables, 6%-----	-----	100	100	200	12	6	2	1	0	0
Fruits, 10%-----	100	-----	-----	100	10	10	1	1	0	0
Vegetables or fruits, 25%-----	-----	100	100	200	50	25	2	1	0	0
Vegetables or fruits, 20%-----	-----	100	100	200	40	20	4	2	0	0
Cereal (dry)-----	20	-----	-----	20	16	80	2	10	1	5
Bread-----	30	30	30	90	47. 7	53	8. 1	9	1. 8	2
Cream, 20%-----	60	-----	-----	60	3	5	1. 8	3	12	20
Milk-----	-----	200	200	400	20	5	12	3	16	4
Egg-----	1	-----	-----	1	0	0	6	6	6	6
Meat (lean)-----	-----	60	-----	60	0	0	15	25	9	15
Butter-----	10	15	15	40	0	0	0	0	34	85
Mayonnaise made with salad oil-----	-----	10	10	20	0	0	0	0	17	85
Sugar-----	15	-----	-----	15	15	100	0	0	0	0
Total grams-----	-----	-----	-----	-----	220	-----	56	-----	97	-----

Reduced Protein No. 2

(C 976; P 224, F 1,251; total 2,451)

Vegetables, 3%-----		100	100	200	6	3	2	1	0	0
Vegetables, 6%-----		100	100	200	12	6	2	1	0	0
Fruits, 10%-----	100			100	10	10	1	1	0	0
Vegetables or fruits, 25%-----		100	100	200	40	25	4	2	0	0
Vegetables or fruits, 20%-----		100	100	200	40	20	4	2	0	0
Cereal (dry)-----	20			20	16	80	2	10	1	5
Bread-----	30	30	30	90	47.7	53	8.1	9	1.9	2
Cream, 20%-----	60			60	3	5	1.8	3	12	20
Milk-----		200	200	400	20	5	12	3	16	4
Egg-----	1			1	0	0	6	6	6	6
Meat (lean)-----		60		60	0	0	15	25	9	15
Butter-----	20	30	30	80	0	0	0	0	68	85
Mayonnaise made with salad oil-----		15	15	30	0	0	0	0	25.5	85
Jelly-----	30			30	24	80	0	0	0	0
Sugar-----	15			15	15	100	0	0	0	0
Total grams-----					244		56		139	

QUANTITATIVE DIETS—Continued

Reduced Protein No. 3

(C 1,208; P 224; F 1,503; total 2,935)

Food	Grams at: .			To- tal	Grams					
	0700	1200	1800		Carb.		Prot.		Fats	
					Gm.	%	Gm.	%	Gm.	%
Vegetables, 3%-----		100	100	200	6	3	2	1	0	0
Vegetables, 6%-----		100	100	200	12	6	2	1	0	0
Fruits, 10%-----	100			100	10	10	1	1	0	0
Vegetables or fruits, 25%-----		100	100	200	50	25	2	1	0	0
Vegetables or fruits, 20%-----		100	100	200	40	20	4	2	0	0
Cereal (dry)-----	20			20	16	80	2	10	1	5
Bread-----	30	30	30	90	47. 7	53	8. 1	9	1. 8	2
Cream, 40%-----	100			100	3	3	2	2	40	40
Milk-----		200	200	400	20	5	12	3	16	4
Egg-----	1			1	0	0	6	6	6	6
Meat (lean)-----		60		60	0	0	15	25	9	15
Butter-----	20	30	30	80	0	0	0	0	68	85
Mayonnaise made with salad oil-----		15	15	30	0	0	0	0	25. 5	85
Jelly-----	30	30	30	90	72	80	0	0	0	0
Sugar-----	25			25	25	100	0	0	0	0
Total grams-----					302		56		167	

Average Protein No. 1

(C 808; P 312; F 999; total 2,119)

Vegetables, 3%-----	-----	100	100	200	6	3	2	1	0	0
Vegetables, 6%-----	-----	100	100	200	12	6	2	1	0	0
Fruits, 10%-----	100	-----	-----	100	10	10	1	1	0	0
Vegetables or fruits, 25%-----	-----	100	100	200	30	15	2	1	0	0
Vegetables or fruits, 20%-----	-----	100	100	200	40	20	4	2	0	0
Cereal (dry)-----	20	-----	-----	20	16	80	2	10	1	5
Bread-----	30	30	30	90	47. 7	53	8. 1	9	1. 8	2
Cream, 20%-----	100	-----	-----	100	5	5	3	3	20	20
Milk-----	-----	200	200	400	20	5	12	3	16	4
Egg-----	1	-----	-----	1	2	0	12	6	12	6
Meat (lean)-----	-----	60	60	120	0	0	30	25	18	15
Butter-----	10	20	20	50	0	0	0	0	42. 5	85
Sugar-----	15	-----	-----	15	15	100	0	0	0	0
Total grams-----	-----	-----	-----	-----	202	-----	76	-----	111	-----

QUANTITATIVE DIETS—Continued

Average Protein No. 2

(C 916; P 304; F 1,404; total 2,624)

Food	Grams at:			To- tal	Grams					
	0700	1200	1800		Carb.		Prot.		Fats	
					Gm.	%	Gm.	%	Gm.	%
Vegetables, 3%-----		100	100	200	6	3	2	1	0	0
Vegetables, 6%-----		100	100	200	12	6	2	1	0	0
Fruits, 10%-----	100			100	10	10	1	1	0	0
Vegetables or fruits, 25%-----		100	100	200	50	25	2	1	0	0
Vegetables or fruits, 20%-----		100	100	200	40	20	4	2	0	0
Cereal (dry)-----	20			20	16	80	2	10	1	5
Bread-----	25	25	25	75	39.7	53	6.7	9	1.5	2
Cream, 20%-----	60			60	3	5	1.8	3	12	20
Milk-----	200	200	200	600	30	5	18	3	24	4
Egg-----	1			1	0	0	6	6	6	6
Meat (lean)-----		60	60	120	0	0	30	25	18	15
Butter-----	20	30	30	80	0	0	0	0	68	85
Mayonnaise made with salad oil-----		15	15	30	0	0	0	0	25.5	85
Jelly-----	15			15	12	80	0	0	0	0
Sugar-----	10			10	10	100	0	0	0	0
Total grams-----					229		76		156	

High Protein

(C 912; P 355; F 900; total 2,168)

Vegetables, 3%-----		200	200	400	12	3	4	1	0	0
Vegetables, 6%-----										
Fruits, 10%-----	100			100	10	10	1	1	0	0
Vegetables or fruits, 25%-----		100	100	200	50	25	2	1	0	0
Vegetables or fruits, 20%-----		100	100	200	40	20	4	2	0	0
Cereal (dry)-----	20			20	16	80	2	10	1	5
Bread-----	25	25	25	75	40	53	7	9	1.5	2
Cream, 20%-----	60			60	3	5	1.8	3	12	20
Milk-----	200	200	200	600	30	5	18	3	24	4
Egg-----	2			2	0	0	12	6	12	6
Meat (very lean)-----		75	75	150	0	0	37.5	25	15	10
Butter-----	10	15	15	40	0	0	0	0	34	85
Jelly-----	15			15	12	80	0	0	0	0
Sugar-----	15			15	15	100	0	0	0	0
Total grams-----					228		89		100	

SALT-POOR DIET

1. Use no salt in cooking. For seasoning use bay leaf, dry mustard, onion, tomato, lemon, pepper, paprika, and pimiento.

2. Avoid:

a. Salted nuts, salted butter, relish, pickles, onions, olives, sauerkraut, bouillon cubes, celery salt.

b. All prepared cereals except Shredded Wheat, Puffed Wheat, Puffed Rice.

c. Canned, salted, or smoked meat or fish; bacon, ham, sausage, corned beef, chipped beef, herring, salmon, sardines, tuna fish, and chicken.

d. Canned vegetables unless canned without salt.

e. Cheese except unsalted cottage or cream cheese.

f. Commercial salad dressings.

g. Bakery cakes, cookies, pastries.

DIETS IN DIABETES

STANDARD FOR ADULTS

DIETS FOR MEN

	I	II	III	IV
Vegetables, 3%-----	400	400	400	400
Fruits, 10%-----	400	400	400	300
Vegetables or fruits, 20%--	100	100	100	100
Cereal-----			14	20
Bread-----	60	80	80	120
Cream, 20%-----	50	100	230	300
Milk-----		200	200	200
Milk (skim)-----	400			
Bacon-----				15
Eggs-----	2	2	2	2
Meat-----	100	125	125	125

Composition	Gm.	Gm.	Gm.	Gm.
Carbohydrate-----	126	141	147	167
Protein-----	66	71	75	84
Fat-----	42	61	87	110
Calories-----	1, 150	1, 400	1, 670	1, 990

	Cal- ories	But- ter	Cal- ories	But- ter	Cal- ories	But- ter	Cal- ories	But- ter
For calories required add	1, 380	30	1, 780	50	2, 130	60	2, 450	60
butter or equivalent.	1, 450	40	1, 860	60	2, 210	70	2, 530	70
	1, 530	50	1, 930	70	2, 280	80	2, 610	80
	1, 610	60	2, 010	80	2, 360	90	2, 680	90
	1, 680	70	2, 090	90	-----	-----	2, 760	100
	1, 760	80	-----	-----	-----	-----	-----	-----

—Russell M. Wilder.

STANDARD FOR ADULTS—Continued

DIETS FOR WOMEN

	I	II	III
Vegetables, 3%-----	400	400	400
Fruits and vegetables, 20%..	100	100	100
Fruits, 10%-----	400	400	400
Cereal-----		14	14
Bread-----	60	80	80
Cream, 20%-----	50	100	230
Milk-----		200	200
Milk (skim)-----	300		
Egg-----	1	1	1
Meat-----	100	100	100

Composition	Gm.	Gm.	Gm.
Carbohydrate-----	121	141	147
Protein-----	57	59	63
Fat-----	35	51	77
Calories-----	1, 030	1, 260	1, 530

	Cal- ories	But- ter	Cal- ories	But- ter	Cal- ories	But- ter
For calories required add	1, 260	30	1, 490	30	1, 920	50
butter or equivalent.	1, 330	40	1, 570	40	1, 990	60
	1, 410	50	1, 640	50	2, 070	70
	1, 490	60	1, 720	60	2, 150	80
			1, 800	70	2, 220	90
			1, 870	80	2, 300	100

—Russell M. Wilder.

QUANTITATIVE DIETS

Sample Diabetic Standard No. 1

(C 440. P 244; F 405; total 1,089)

Food	Grams at—			Total	Grams					
	0700	1200	1800		Carb.		Prot.		Fats	
					Gm.	%	Gm.	%	Gm.	%
Vegetables, 3%-----		200	200	400	12	3	4	1	0	0
Fruits, 10%-----	100	100	100	300	30	10	3	1	0	0
Vegetables or fruits, 20%-----		100	-----	100	20	20	2	2	0	0
Cereal (dry)-----						80		10		5
Bread-----	15	15	30	60	31.8	53	5.4	9	1.2	2
Cream, 20%-----	15			15	.75	5	.45	3	3	20
Milk (skim)-----	150		150	300	15	5	9	3	3	1
Egg-----	1			1	0	0	6	6	6	6
Meat (lean)-----		75	50	125	0	0	31.2	25	18.7	15
Butter-----	5	5	5	15	0	0	0	0	12.7	85
Total grams-----					110		61		45	

Sample Diabetic Standard No. 2

(C 524; P 300; F 666; total 1,490)

Vegetables, 3%-----		200	200	400	12	3	4	1	0	0
Fruits, 10%-----	100	100	100	300	30	10	3	1	0	0
Vegetables or fruits, 20%-----		100		100	20	20	2	2	0	0
Cereal (dry)-----						80		10		5
Bread-----	30	30	30	90	47.7	53	8.1	9	1.8	2
Cream, 20%-----	30			30	1.5	5	9	3	6	20
Milk-----	200		200	400	20	5	12	3	16	4
Egg-----	1			1	0	0	6	6	6	6
Meat (lean)-----		75	50	125	0	0	31	25	18.8	15
Butter-----	5	15	10	30	0	0	0	0	25.5	85
Total grams-----					131		75		74	

QUANTITATIVE DIETS—Continued

Sample Diabetic Standard No. 3

(C 500; P 264; F 1,188; total 1,952)

Food	Grams at			Total	Grams					
	0700	1200	1800		Carb.		Prot.		Fats	
					Gm.	%	Gm.	%	Gm.	%
Vegetables, 3%-----		200	200	400	12	3	4	1	0	0
Fruits, 10%-----	100	100	100	300	30	10	3	1	0	0
Vegetables or fruits, 20%-----		100		100	20	20	2	2	0	0
Cereal (dry)-----					80		10			5
Bread-----	30	30	30	90	47.7	53	8.1	9	1.8	2
Cream, 20%-----	100			100	5	5	3	3	20	20
Milk-----			200	200	10	5	6	3	8	4
Bacon-----	10			10	0	0	2.5	25	5	50
Meat-----		75	50	125	0	0	31.2	25	18.8	15
Butter-----	10	25	20	55	0	0	0	0	46.7	85
Mayonnaise made with salad oil-----		15	15	30	0	0	0	0	25.5	85
Egg-----	1			1	0	0	6	6	6	6
Total grams-----					125		66		132	

Sample Diabetic Standard No. 4

(C 668; P 336; F 1,449; total 2,453)

Vegetables, 3 percent-----		200	200	400	12	3	4	1	0	0
Fruits, 10 percent-----	100	100	100	300	30	10	3	1	0	0
Vegetables or fruits, 20 percent-----		100	-----	100	20	20	2	2	0	0
Cereal, dry-----	20	-----	-----	20	16	80	2	10	1	5
Bread-----	40	40	40	120	64	53	11	9	2	2
Cream, 20 percent-----	100	100	100	300	15	5	9	3	60	20
Milk-----		100	100	200	10	5	6	3	8	4
Bacon-----	15	-----	-----	15	0	0	4	25	8	50
Egg-----	2	-----	-----	2	0	0	12	6	12	6
Meat, lean-----		75	50	125	0	0	31	25	19	15
Butter-----	20	20	20	60	0	0	0	0	51	85
Total grams-----	-----	-----	-----	-----	167	-----	84	-----	161	-----

QUANTITATIVE DIETS—Continued

Diabetic Admission

(C 484; P 228; F 846; total 1,558)

Food	Grams at—			Total	Grams					
	0700	1200	1800		Carb.		Prot.		Fats	
					Gm.	%	Gm.	%	Gm.	%
Vegetables, 3%-----		200	200	400	12	3	4	1	0	0
Fruits, 10%-----	100	150	150	400	40	10	4	1	0	0
Cereal (dry)-----	14			14	11. 2	80	1. 4	10	. 7	5
Bread-----	40	20	20	80	42. 4	53	7. 2	9	1. 6	2
Cream, 20%-----	60	20	20	100	5	5	3	3	20	20
Milk-----		200		200	10	5	6	3	8	4
Egg-----	1			1	0	0	6	6	6	6
Meat (lean)-----		50	50	100	0	0	25	25	15	15
Butter-----	10	20	20	50	0	0	0	0	42. 5	85
Total grams-----					121		57		94	

Diabetic High Carbohydrate No. 1

(C 1,004; P 240; F 522; total 1,766)

Vegetables, 3%-----	-----	200	200	400	12	3	4	1	0	0
Fruits, 10%-----	100	100	100	300	30	10	3	1	0	0
Vegetables or fruits, 20%-----	-----	100	100	200	40	20	4	2	0	0
Cereal (dry)-----	20	-----	-----	20	16	80	2	10	1	5
Bread-----	40	40	40	120	63. 6	53	10. 8	9	2. 4	2
Cream, 20%-----	60	20	20	100	5	5	3	3	20	20
Milk-----	-----	200	200	400	20	5	12	3	16	4
Bacon-----	10	-----	-----	10	0	0	2. 5	25	5	50
Egg-----	-----	-----	1	1	0	0	6	6	6	6
Meat (lean) 3 times a week-----	-----	50	-----	50	0	0	12. 5	25	7. 5	15
Fruit juice, 10%-----	-----	200	-----	200	20	10	0	0	0	0
Total grams-----	-----	-----	-----	-----	251	-----	60	-----	58	---

QUANTITATIVE DIETS—Continued

Diabetic High Carbohydrate No. 2

(C 912; P 276; F 738; total 1,926)

Food	Grams at			Total	Grams					
	0700	1200	1800		Carb.		Prot.		Fats	
					Gm.	%	Gm.	%	Gm.	%
Vegetables, 3%-----		200	200	400	12	3	4	1	0	0
Fruits, 10%-----	100	150	150	400	40	10	4	1	0	0
Vegetables or fruits, 20%-----		100	-----	100	20	20	2	2	0	0
Cereal (dry)-----	20			20	16	80	2	10	1	5
Bread-----	40	40	40	120	63.6	53	10.8	9	2.4	2
Cream, 20%-----	100			100	5	5	3	3	20	20
Milk-----			200	200	10	5	6	3	8	4
Egg-----	1			1	0	0	6	6	6	6
Meat (lean)-----		75	50	125	0	0	31	25	18.7	15
Butter-----	10	10	10	30	0	0	0	0	25.5	85
Sugar-----	10	10	5	25	25	100	0	0	0	0
Jelly-----	15	15	15	45	36	80	0	0	0	0
Total grams-----					228		69		92	

Diabetic High Carbohydrate No. 3

(C 1,180; P 204; F 1,071; total 2,455)

Vegetables, 3%-----	-----	200	200	400	12	3	4	1	0	0
Fruits, 10%-----	200	250	250	700	70	10	7	1	0	0
Vegetables or fruits, 20%-----	-----	100	100	200	40	20	4	2	0	0
Cereal (dry)-----	20	-----	-----	20	16	80	2	10	1	5
Bread-----	40	40	40	120	63.3	53	10.8	9	2.4	2
Cream, 20%-----	100	25	25	150	7.5	5	4.5	3	30	20
Egg-----	1	-----	-----	1	0	0	6	6	6	6
Meat (lean)-----	-----	50	-----	50	0	0	12.5	25	7.5	15
Butter-----	25	20	20	65	0	0	0	0	55	85
Mayonnaise made with salad oil-----	-----	10	10	20	0	0	0	0	17	85
Jelly-----	15	15	15	45	36	6	0	1	0	0
Sugar-----	10	5	5	20	20	100	0	0	0	0
Candy-----	10	10	10	30	30	100	0	0	0	0
Total grams-----	-----	-----	-----	-----	295	-----	51	-----	119	---

QUANTITATIVE DIETS—Continued

Diabetic Residue-free (Preoperative)

(C 824; P 48; F 837; total 1,709)

Food	Grams at—			Total	Grams					
	0700	1200	1800		Carb.		Prot.		Fats	
					Gm.	%	Gm.	%	Gm.	%
Vegetables, 3%—						3		1		0
Cream, 40%—	60	20	20	100	3	3	2	2	40	40
Milk—						5		3		4
Butter—	20	20	20	60	0	0	0	0	51	85
Fruit juice, 10%—	400	400	400	1,200	120	10	0	0	0	0
Macaroni, noodles, rice—		100	100	200	40	20	4	2	0	0
Cream of Wheat—	14			14	11	80	1	10	.7	5
Bread (melba toast)—	20	20	20	60	31.8	53	5	9	1.2	2
Total grams—					206		12		93	

Diabetic Liquid No. 1

(C 484; P 36; F 54; total 574)

Vegetables, 3%—						3		1		0
Fruit juice, 10%—	400	400	400	1,200	120	10	0	0	0	0
Vegetables or fruits, 20%—						20		2		0
Cereal (dry)—						80		10		5
Bread—						53		9		2
Cream, 20%—	30			30	1.5	5	9	3	6	20
Milk—						5		3		4
Egg—						0		6		6
Meat (lean)—						0		25		15
Butter—						0		0		85
Broth—		1	1	2	0	0	0	0	0	0
Total grams—					121		9		6	

QUANTITATIVE DIETS—Continued

Diabetic Liquid No. 2

(C 572; P 84; F 504; total 1,160)

Food	Grams at—			Total	Grams					
	0700	1200	1800		Carb.		Prot.		Fats	
					Gm.	%	Gm.	%	Gm.	%
Vegetables, 3%, purée		33		33	1	3	0	1	0	0
Fruit juice, 10%	350	350	200	900	90	10	0	1	0	0
Vegetables or fruits, 15%						15		1		0
Cereal (dry), bland	20		20	40	32	80	4	10	2	5
Cream, 20%	100		100	200	10	5	6	3	40	20
Milk (for soup)		100		100	5	5	3	3	4	4
Butter		5		5	0	0	0	0	4	85
Diabetic custard			1	1	5	5	6	6	6	6
D'Zerta		1		1	0	0	2	2	0	0
Total grams					143		21		56	

Diabetic Soft No. 1

(C 652; P 149; F 576; total 1,368)

Vegetables, 3%						3		1		0
Fruit juice, 10%	200	200	200	600	60	5	0	0	0	0
Fruits, 10%	100	100	100	300	30	10	3	1	0	0
Rice or potato		50	50	100	20	20	2	2	0	0
Cereal (dry)	20			20	16	80	2	10	1	5
Bread, toasted	20	20	20	60	31.8	53	5.4	9	1.2	2
Cream, 20%	100			100	5	5	3	3	20	20
Milk						5		3		4
Egg		1	1	2	0	0	12	6	12	6
Meat (lean)	10	10	10	30	0	0	7.55	25	4.5	15
Butter	10	10	10	30	0	0	0	0	75.5	85
Total grams					163		35		64	

QUANTITATIVE DIETS—Continued

Diabetic Soft No. 2

(C 644; P 204; F 936; total 1,884)

Food	Grams at—			Total	Grams					
	0700	1200	1800		Carb.		Prot.		Fats	
					Gm.	%	Gm.	%	Gm.	%
Vegetables, 3% for soup		50	50	100	3	3	1	1	0	0
Fruit juice, 10%	200	200	200	600	60	10	6	0	0	0
Vegetables or fruits, 20%		50		50	10	20	1	2	0	0
Cereal (dry)	20			20	16	80	2	10	1	5
Bread	20	20	20	60	32	53	5.4	9	1.2	2
Cream, 20%	100	50	50	200	10	5	6	3	40	20
Milk		300	300	600	30	5	18	3	24	4
Egg	1		1	2	0	0	12	6	12	6
Meat (lean)						0		25		15
Butter	10	10	10	30	0	0	0	0	25.5	85
Total grams					161		51		104	

Diabetic Bland

(C 780; P 344; F 1,737; total 2,861)

Vegetables, 3%		250	200	450	13.5	3	4.5	1	0	0
Fruits, 10%	100	100		200	20	10	2	1	0	0
Vegetables or fruits, 20%		100	100	200	40	20	4	2	0	0
Cereal (dry), bland	20			20	16	80	2	10	1	5
Toast	20	20	20	60	31.8	53	5.4	9	1.2	2
Cream, 20%	200	150	100	450	22.5	5	13.5	3	90	20
Milk	100	400	400	900	45	5	27	3	36	4
Egg	1		1½	2½	0	0	15	6	15	6
Meat (lean), bland		50		50	0	0	12.5	25	7.5	15
Butter	10	20	20	50	0	0	0	0	42.5	85
Orange juice	60			60	6	10	0	0	0	0
Total grams					195		86		193	

QUANTITATIVE DIETS—Continued

Diabetic Low Fat—Bland

(C 836; P 320; F 378; total 1,534)

Food	Grams at			Total	Grams					
	0700	1200	1800		Carb.		Prot.		Fats	
					Gm.	%	Gm.	%	Gm.	%
Vegetables, 3%-----		250	250	500	15	3	5	1	0	0
Fruits, 10%-----	100	100	100	300	30	10	3	1	0	0
Vegetables or fruits, 20%-----		100	100	200	40	20	4	2	0	0
Cereal (dry), bland-----	20			20	16	80	2	10	1	5
Toast-----	20	20	20	60	31.8	53	5.4	9	1.2	2
Milk (skim)-----	300	550	550	1400	70	5	42	3	14	4
Egg-----	1			1	0	0	6	6	6	6
Meat (lean), bland-----		50		50	0	0	12.5	25	7.5	15
Butter-----	5	5	5	15	0	0	0	0	12.7	85
Orange juice-----	60			60	6	10	0	0	0	0
Total grams-----					209		80		42	

Diabetic Ulcer No. 1

(C 360; P 216; F 1,944; total 2,520)

Vegetables, 3%-----					3		1		0
Fruits, 10%-----					10		1		0
Vegetables or fruits, 20%-----					20		2		0
Cereal (dry)-----					80		10		5
Bread-----					53		9		2
Cream, 20%-----	(*)	(*)	(*)		5		3		20
Egg-----					0		6		6
Milk-----	(*)	(*)	(*)		5		3		4
Meat (lean)-----					0		25		15
Butter-----					0		0		85
Total grams-----					90		54		216

*60 gm. every hour—0730 to 2130. Single feeding C 6, P 3.6, F 14.4.

QUANTITATIVE DIETS—Continued

Diabetic Ulcer No. 2

(C 624; P 260; F 1,906; total 2,792)

Food	Grams at			Total	Grams					
	0700	1200	1800		Carb.		Prot.		Fats	
					Gm.	%	Gm.	%	Gm.	%
Vegetables, 3%, purée	----	33	----	33	1	3	0.3	1	0	0
Fruits, 10%, orange juice	60	60	----	120	12	10	0	0	0	0
Rice or baked potato, vegetables or fruits, 20%	----	50	50	100	20	20	2	2	0	0
Cereal (dry)-----	20	----	----	20	16	80	2	10	1	5
Bread, toast-----	20	20	20	60	31.8	53	5.4	9	1.2	2
Cream, 20%-----	50	----	----	50	2.5	5	1.5	3	10	20
Milk and cream, 20%	(*)	(*)	(*)	1350	68	15	40	3	162	12
Egg-----	1	----	----	1	0	0	6	6	6	6
Butter-----	10	10	10	30	0	0	0	0	25.5	85
D'Zerta-----	----	----	1	1	0	0	2	2	0	0
Diabetic custard-----	----	1	----	1	5	5	6	6	6	6
Total grams-----	----	----	----	----	156	----	65	----	212	----

*45 grams every half hour, 0730 to 2130 except meal time.

Diabetic Ulcer No. 3

(C 760; P 304; F 1,377; total 2,441)

Vegetables, 3%, purée	(†)	100	100	233	7	3	2.3	1	0	0
Fruits, 5%, strained	---	100	100	200	10	5	2	1	0	0
Fruits, 10%, strained	100	---	---	100	10	10	1	1	0	0
Rice, baked or mashed potatoes, vegetables or fruits, 20%	---	100	100	200	40	20	4	2	0	0
Cereal (dry)	20	---	---	20	16	80	2	10	1	5
Bread, toast	20	20	20	60	32	53	5.4	9	1.2	2
Cream, 20%	100	100	---	200	10	5	6	3	40	20
Milk	(*)	(*)	(*)	(*)	27	15	16	9	50	28
Milk	---	200	200	400	20	5	12	3	50	4
Egg	1	---	1	2	12	0	12	6	12	6
Meat (lean)	---	50	---	50	0	0	13	25	7.5	15
Butter	10	10	10	30	0	0	0	0	25.5	85
Orange juice	60	60	60	120	18	10	0	0	0	0
Total grams	---	---	---	---	190	---	76	---	153	---

†Use 33 gm. 3% for soup.

*120 gm. milk with 60 gm. 20%-cream at 1100, 1600, and 2100.

QUANTITATIVE DIETS—Continued
Diabetic High Caloric (Hyperthyroidism)
(C 1,604; P 464; F 2,232; total 4,300)

Food	Grams at—			Total	Grams					
	0700	1200	1800		Carb.		Prot.		Fats	
					Gm.	%	Gm.	%	Gm.	%
Vegetables, 3%-----		200	200	400	12	3	4	1	0	0
Fruits, 10%-----	200	100	100	400	40	10	4	1	0	0
Vegetables or fruits, 20%-----		100	100	200	40	20	4	2	0	0
Cereal (dry)-----	20			20	16	80	2	10	1	5
Bread-----	60	60	60	180	95	53	16.2	9	3.6	2
Cream, 20%-----	100	100	100	300	15	5	9	3	60	20
Milk-----		200	200	400	20	5	12	3	16	4
Bacon-----	25			25	0	0	6.2	25	12.5	50
Egg-----	1			1	0	0	6	6	6	6
Meat (lean)-----		100	100	200	0	0	50	25	30	15
Butter-----	30	40	40	110	0	0	0	0	93.5	85
Mayonnaise made with salad oil-----		15	15	30	0	0	0	0	25.5	85
Vegetables or fruits, 25%-----	100	100	100	300	75	25	3	1	0	0
Jelly-----	20	20	20	60	48	80	0	0	0	0
Sugar-----	20	10	10	40	40	100	0	0	0	0
Total grams-----					401		116		248	

DIETS IN ALLERGY

FOODS COMMONLY CAUSING ALLERGY

1. *Cereals*: Buckwheat, corn, oats, rye, wheat.
2. *Eggs*: Cakes, custards, dressings, noodles.
3. *Fish*: Cod and other common fish, crabs, lobster, shellfish, shad roe, shrimp.
4. *Fruits*: Bananas, cherries, grapes, melons, oranges and other citrus fruits, raisins, strawberries.
5. *Meats*: Chicken, pork, veal.
6. *Milk*: Butter, cheese, ice cream.
7. *Nuts*: Peanuts, pecans, walnuts.
8. *Vegetables*: Beans (navy and lima), Brussels sprouts, cabbage, cauliflower, celery, onions, potatoes, spinach, tomatoes.
9. *Unclassified*: Chocolate, cocoa, condiments, cottonseed oil, honey, spices.

FOODS RARELY CAUSING ALLERGY

Apricots	Gelatin	Rice
Asparagus	Grapefruit	Rye
Beef	Green beans	Salt
Beets	Lamb	Soybeans
Carrots	Olive oil	Squash
Corn	Peas	Sugar
Corn oil	Pears	Tapioca
Corn syrup	Pineapple	Tea

SUBSTITUTES FOR ALLERGY-PRODUCING FOODS

Chocolate: Almond extract, butterscotch, caramel, coffee.

Eggs: Cornstarch.

Meats: Egg dishes, hominy, lentils, nuts, soybeans, vegetable soups.

Milk: Almond milk, coffee, fruit juices, goat's milk, soybean milk.

Wheat: Barley, corn, cornstarch, potatoes, rice, rye, soybeans, tapioca.

DIET WITHOUT MILK

Avoid:

1. Milk and milk products—butter, cream, milk, buttermilk, evaporated milk, cheese, ice cream, malted milk, coconut, ovaltine, milk puddings, custard, bread (except rye), cream soups, cream sauces, and mashed potatoes.
2. Vegetables seasoned with butter or cream.
3. Gravies made of milk, cream and butter.
4. Cake or cookies made with milk.
5. Chocolate candy, caramels, etc.

DIET WITHOUT WHEAT

Avoid:

1. *Beverages*: Postum.
2. *Breads*: All breads including rye or oatmeal breads, nut breads and muffins, corn bread, baking powder biscuits, zwieback, pretzels.
3. Canned broth and consommé.
4. *Cereals*: Bran Flakes, Cream of Wheat, Farina, Grapenut Flakes, Grapenuts, Kix, Krinkles, Mellow-Wheat, Muffets, Pabulum, Puffed Wheat, Ralstons, Shredded Ralstons, Ralston's Super Farina, Wheat Flakes, Wheatena, Wheaties, Whole Bran.
5. *Crackers*: All crackers and cookies.
6. *Desserts*: Pies, cookies, cakes, doughnuts, ice cream cones.
7. *Flour in any form*: Graham, white, whole wheat.
8. Griddle cakes, waffles, pancakes.
9. Gravies and meat sauces.
10. Macaroni, spaghetti, noodles, vermicelli.
11. Meats prepared with flour, bread or cracker crumbs such as croquettes, meat loafs, etc. All commercially prepared meats (frankfurters, sausage.)
12. Salad dressings, when flour is used for thickening.

DIET WITHOUT EGGS

Avoid:

Cakes, cocomalt, cookies, custard, eggnogs, hollandaise sauce, marshmallows, mayonnaise, meats prepared with egg (meat loaf,

breaded meat), meringue, milk puddings containing eggs, noodles, soft candy (chocolate cream), soft pies (lemon, custard, pumpkin, coconut).

DIET WITHOUT MILK, WHEAT, OR EGGS

Foods allowed:

1. *Beverage*.—Coffee, grape juice, lemonade, tea.
2. *Cereal*.—Barley, corn (cornmeal mush, hominy grits, Post Toasties), rice (Puffed, boiled, Krispies).
3. *Meats*.—Beef, chicken, lamb, liver, veal.
4. *Fruits*.—Apricots, bananas, dates, figs, grapes, peaches, pears, plums, raisins.
5. *Vegetables*.—Asparagus, beans, beets, cabbage, carrots, cauliflower, kale, sweet potatoes, squash, turnips.
6. *Breads*.—Corn pone, rye (100%), Rye Krisps.
7. *Fats*.—Crisco, Mazola oil, Wesson oil.
8. *Miscellaneous*.—Gelatin, maple syrup, molasses, peanut butter, salt, vanilla, sugar.

DIET WITH MILK BUT WITHOUT WHEAT OR EGGS

Foods allowed:

1. *Beverages*.—Buttermilk, coffee, evaporated milk, grape juice, milk.
2. *Cereals*.—Barley, rice (Puffed, boiled, Krispies), corn (cornmeal mush, Poast Toasties, hominy grits).
3. *Meats*.—Beef, chicken, lamb, liver, veal.
4. *Fruits*.—Apples, apricots, bananas, dates, grapes, peaches, pears, plums, prunes, raisins.
5. *Vegetables*.—Asparagus, beans, beets, carrots, cauliflower, kale, lettuce, potatoes, squash, sweet potatoes, turnips.
6. *Bread*.—Rye Krisps, rye (100%), corn pone.
7. *Fats*.—Crisco, cream, butter, oleomargarine, Wesson oil, Mazola oil.
8. *Miscellaneous*.—Gelatin, molasses, peanuts, peanut butter, sugar, salt, vanilla, maple syrup, cheese.

DIET WITH WHEAT BUT WITHOUT MILK OR EGGS

Foods allowed:

1. *Beverages*.—Lemonade, tea.
2. *Cereals*.—Corn (cornmeal, Post Toasties), Cream of Wheat, Farina, Puffed Wheat, Ralstons, Shredded Wheat.
3. *Meats*.—Beef, chicken, liver, veal.
4. *Fruits*.—Apples, dates, figs, peaches, pears.
5. *Vegetables*.—Asparagus, beets, cabbage, cauliflower, macaroni, squash, spaghetti, sweet potatoes.
6. *Breads*.—French bread, hard rolls, Italian bread, Uneda Biscuit.
7. *Fats*.—Mazola oil.
8. *Miscellaneous*.—Salt, sugar.

MISCELLANEOUS DIETS

HIGH CALORIC DIET IN HYPERTHYROIDISM

1. Multiply the basal calories by the increase in metabolic rate, and consider this latter figure the basal calories.
 2. Add 50% to this figure for activity.
 3. Add 1,000 calories for useless movements.
 4. The diet should have a rather high carbohydrate content.
- Usually, the diet contains about 400 grams of carbohydrate, 90 grams of protein, and the remainder of the caloric requirement in fat.

PROVOCATIVE TEST DIET

(For Addison's Disease)

	Grams at—			To- tal	Grams		
	0700	1200	1800		Potas- sium	Sodi- um	Chlor- ide
Canned tomatoes-----		90		90	0. 270	0. 010	0. 034
Lettuce-----		10	10	20	. 060	. 005	. 015
Peach-----		100		100	. 125	. 022	. 004
Orange-----	100			100	. 200	. 012	. 006
Grapefruit-----			100	100	. 200	. 004	. 005
Canned peas-----			100	100	. 125	. 013	. 024
Baked potato-----		100	100	200	1. 000	. 042	. 076
Banana-----			100	100	. 400	. 034	. 125
Bread (salt-free)-----	50	30	30	110	. 119	. 073	. 127
Cream, 20%-----	50	25	75	125	. 158	. 044	. 100
Milk-----			200	200	. 300	. 102	. 212
Coffee-----	300	200		500	. 500		
Egg-----	1			1	. 070	. 071	. 053
Meat (lean)-----		75	50	125	. 465	. 131	. 117
Butter (salt-free)-----	10	10	10	30	. 003	. 021	. 049
Jelly-----	20	20	20	60	. 076	. 006	. 002
Total-----					4. 071	. 592	. 949

Sugar may be used as desired.

The diet is usually ordered for 2 days and breakfast on the third day.

The diet may be dangerous in that it may precipitate a crisis.

Signs of impending emergency are high urinary excretion of sodium, loss of weight, and lowering of blood pressure. Cortin, desoxycorticosterone acetate, and sodium citrate solution must be available.

DIET IN THE ANEMIAS

1. *Standard diet in pernicious anemia (Minot and Murphy).*—Protein, 135 gm.; carbohydrate, 340 gm.; fat, 70 gm.; calories, 2,530.

a. At least 160 to 240 grams, cooked weight, of calf or beef liver daily. Liver may be prepared in the following combinations: liver drink (2 ounces of liver and 5 ounces of grape juice); liver breaded; liver jellied with aspic; liver and kidney pie; liver loaf; liver minced with macaroni; liver pulp; liver sandwiches, plain or club; liver with olives; peppers stuffed with liver; potatoes stuffed with liver. Kidneys and chicken livers may occasionally be substituted.

b. Fruit, *fresh*, (10 percent): about 400 gm. (4 average servings) daily; *cooked*, apples, apricots, and prunes once a week only; *dried*, raisins may be eaten freely.

c. Vegetables (3 and 6 percent) at least 500 gm. (approximately 3 full sauce dishes) daily.

d. At least 120 gm. red muscle meat cooked rare daily (beef, lamb, mutton).

2. In pernicious anemia, the following fruits and vegetables are important:

Apples	Lettuce	Prunes
Apricots	Onions	Spinach
Bananas	Oranges	Squash
Cabbage	Peaches	String beans
Carrots	Peas	Tomatoes
Grapefruit		

3. The following foods are most useful for hemoglobin regeneration in anemias other than macrocytic:

Apples	Calf's liver	Peaches
Apricots	Chicken gizzard	Pig kidney
Asparagus	Chicken liver	Pineapple
Beef, scraped, raw	Lamb kidney	Prunes
Beef heart	Lamb liver	Raisins
Beef kidney	Lettuce	Strawberries
Beef liver		

4. The following foods contain copper, iron, and manganese:

Almonds	Filberts	Pistachio nuts
Beans—kidney and lima	Lentils	Spinach
Beef juice	Liver, calf's	Walnuts
Cherries	Olives	Watercress
Chocolate	Parsley	Wheat Bran
Cocoa	Pineapple	

5. All diets in the anemias should be high in vitamins either supplied by vitamin-rich foods (see special lists) or by the use of commercial vitamin supplements.

STANDARD KETOGENIC DIETS

Diet number	44	66	88	132	176					
	<i>gm.</i>	<i>gm.</i>	<i>gm.</i>	<i>gm.</i>	<i>gm.</i>					
Vegetables, 5%-----	200	200	200	200	200					
Fruits, 5%-----	100	25								
Soybean muffins-----	2	3	3	3	3					
Cream, 40%-----	100	200	230	230	230					
Bacon-----	10	10	25	25	25					
Eggs-----			1		1					
Meat-----	25	50	50	115	125					
<i>Composition</i>										
Carbohydrate-----	16	16	16	16	16					
Protein-----	20	30	40	50	60					
Fat-----	67	120	145	149	156					
Calories-----	747	1, 264	1, 529	1, 605	1, 708					
	Calories	Butter	Calories	Butter	Calories	Butter	Calories	Butter	Calories	Butter
For calories required add butter or equivalent.	900	20	1, 417	20	1, 682	20	1, 758	20	1, 861	20
	977	30	1, 494	30	1, 759	30	1, 835	30	1, 938	30
	1, 053	40	1, 570	40	1, 835	40	1, 911	40	2, 014	40
	1, 130	50	1, 647	50	1, 912	50	1, 988	50	2, 091	50
	1, 206	60	1, 723	60	1, 988	60	2, 064	60	2, 167	60
	1, 283	70	1, 800	70	2, 065	70	2, 141	70	2, 244	70
	1, 359	80	1, 876	80	2, 141	80	2, 217	80	2, 320	80
	1, 436	90	1, 953	90	2, 218	90	2, 294	90	2, 397	90
	1, 512	100	2, 029	100	2, 294	100	2, 370	100	2, 473	100
	-----	-----	-----	-----	2, 371	110	2, 447	110	2, 550	110
-----	-----	-----	-----	2, 447	120	2, 523	120	2, 626	120	

For calories required
add butter or equivalent.

—Russell M. Wilder.

DIET FOR GOUT

I. Foods that contain a large amount of purine:

Anchovies	Lentils	Sardines
Beef	Liver	Sausage
Calf tongue	Meat extracts	Squab
Codfish	Meat soups	Sweetbreads
Goose	Perch	Trout
Gravies	Pike	Turkey
Kidney	Pork	Veal

II. Foods that contain a moderate amount of purine:

Asparagus	Lima beans	Oysters
Bacon	Lobster	Peas
Chicken	Mushrooms	Salmon
Crab	Mutton	Spinach
Herring	Navy beans	Whitefish
Kidney beans	Oatmeal	Whole-grain cereals
Kohlrabi	Onions	Whole-grain bread

III. Foods that contain no purine:

Caviar	Shad roe	Cocoa
Cheese	Spinach	Fats of all kinds
Coffee	Sugar and sweets	Fruits of all kinds
Eggs	Tea	Vegetables of all kinds
Gelatin	Bread (except those of whole grain)	except those in group II
Lentils	Cereals (except those of whole grain)	Vegetable soup (without onions and meat)
Milk		
Nuts		

Avoid the following: Radishes, watercress, paprika, garlic, mustard, relishes, horseradish, catsup, and other spices and condiments; rich and indigestible foods and rich sauces and gravies; alcoholic beverages.

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